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BUMPER SHOE GUIDE

RUNNER'S

WORLD

SA'S BEST-SELLING RUNNING MAGAZINE

JANUARY 2016

20 WAYS TO...

- ▶ Get Inspired
- ▶ Slim Down
- ▶ Train Smarter
- ▶ Stay Injury-Free
- ▶ Make 2016 Epic!

**ALL
NEW!**
**BEGINNER'S
SPECIAL**

EXPERT ANSWERS
TO **12** KEY
QUESTIONS

p71

**NEW
YEAR**

**NEW
YOU**

**PLAN YOUR
NEXT RACE!**

JANUARY'S TOP PICKS p85

**+ 172KM, 38 HOURS,
NON-STOP!**

AN *RW* STAFFER CONQUERS
THE HOLY GRAIL OF TRAIL p78

**6 REFRESHING
RUNNER-
FRIENDLY
COCKTAILS** p38

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M e t a R u n

WARM-UP

JANUARY
2016

CONTENTS

THE LOOP
08

RAVE RUN
12

EDITOR'S LETTER
16

47 **SUMMER SHOE GUIDE**

Find the best pair for you, from 32 new models. Plus, we reveal the latest trends – and our shoe of the year.
BY RYAN SCOTT

ON THE COVER

Bumper Shoe Buyer's Guide.....	47
20 Ways.....	63
Answers to 12 Key Questions.....	71
Post-Run Refreshers.....	38
Ultra-Trail du Mont-Blanc.....	78
Plan Your Next Race.....	85

**63
NEW YEAR, NEW YOU**
20 WAYS TO AMAZE IN 2016
This jam-packed list of tips and ideas will inspire your greatest running year ever.
BY KELLY BASTONE

71 **BEGINNER'S SPECIAL** **"CAN I ASK YOU SOMETHING?"**

Listen up, newbies! Our experts have time-tested answers to your most pressing questions.
BY LISA MARSHALL

78 **#UTMB**

In conquering the Ultra-Trail du Mont-Blanc – a 172km race, with 10 500m of climbing, considered the Holy Grail of trail – SA's Alana Doyle tested her boundaries. This is her astonishing story.
BY ALANA DOYLE

Think you can't find a decent pair of shoes for under R1 000? Turn to page 60 to find out.



CAPE SUMMER 2016

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Kirstenbosch Gardens, 26 Jan

Silvermine Nature Reserve, 13 Feb

Oak Valley, 28 Feb

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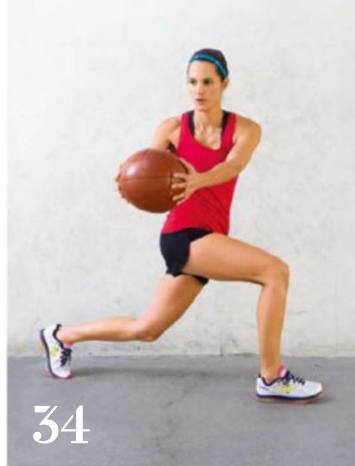
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Italy's aged cheeses are low in kilojoules – and big in flavour, adding richness to salads and pastas. For recipes, visit runnersworld.co.za/agedcheese



ON THE COVER

JANUARY 2016



Runner – Jamie Lee Aldous wears crop top by Lorna Jane, and tights and shoes by adidas.

Make-up by
Charmaine de Kock

Photographed by
Igor Polzenhagen

HUMAN RACE

- 19 **Sue Ulyett** Events manager for the FNB Cape Town 12 ONERUN
- 21 **The Singlet** He knows it all.
- 22 **I Ran It Off!** Since Toni Cavanagh won back her life, she's run 20 races.
- 24 **By The Numbers** Fun stats that celebrate newbies.

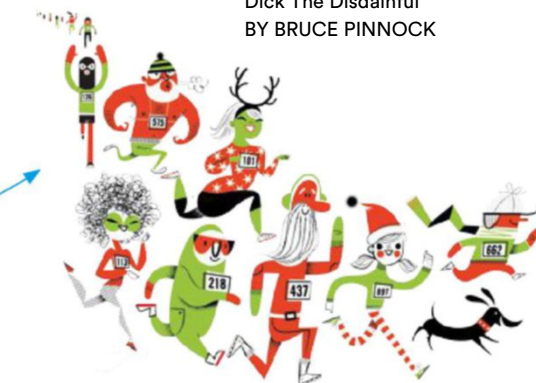
PERSONAL BEST

TRAINING

- 30 **Run, Run, Repeat** Stave off holiday doldrums – with a streak.
- 32 **The Starting Line** It's true – you really *can* run pain-free for the rest of your life.
- 34 **The Fast Lane** Chase speedwork with strength training to take your running to the next level.
- 35 **Race Prep** Festive 5-Ks provide a triple whammy of bonding, motivation and kilojoule control.

FUEL

- 38 **Fridge Wisdom** Six refreshing beverages brimming with runner-friendly nutrients.
- 40 **Quick Bites** Take these healthy snacks with you.



- 41 **The Runner's Pantry** These low-kilojoule Italian cheeses add rich flavour to dishes.

MIND+BODY

- 42 **Congrats! Now What?** Race recovery starts immediately – and can stretch for weeks.
- 44 **The Body Shop** Six post-race recovery moves that can be done in tight quarters.

RACES+PLACES

- 85 **Racing Ahead**

COLUMNS

- 26 **Run The World**
A Saffer In China
BY LINDSAY DENTLINGER
- 90 **Back of the Pack**
Dick The Disdainful
BY BRUCE PINNOCK

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SACANRUN

"SACANRUN" is calling all South Africans, if you feel that you have the talent and would like to participate in SACANRUN we would encourage you to join.

GETTING SOUTH AFRICA READY FOR RIO

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WARM-UP

THE LOOP

THE INBOX

WINNING LETTER BREATHE AGAIN

Ten years ago, I stopped running because I'd developed asthma. My family laughed at me when I told them I still got goosebumps when I saw people out running, and would hoot and wave at them. But three years ago, my pharmacist gave me a new medication, and I noticed I was able to swim underwater for longer periods of time – an exercise I'd taken up to strengthen my lungs. So I started running on the treadmill again, although I was still afraid to run on the roads, in case I suffered an asthma attack. It was my sister who encouraged me to join a running club; and since then I've not looked back. I've just finished my first marathon. - HASSIEM FISHER, CAPE TOWN

THANK YOU!

Thank you to all the RW staff for your excellent running and nutrition advice. I've been receiving the *Runner's World* quotes of the day and the newsletter, and through following your half-marathon training programme, I completed my first half marathon, The Gun Run, in October. I'm feeling super-proud. Keep up the good work! - JANINE, STELLENBOSCH

A HARD SLOG

Hard is what makes the Comrades great, but the hardest part isn't race day itself; it's the lead-up. Dragging yourself out of a warm bed to hit the road in freezing and wet conditions is hard. Juggling work, a young family, and a demanding training schedule is hard. - LESLEY WILLIAMS, UNDERBERG

RUNNER'S WORLD reserves the right to edit readers' submissions. All readers' submissions become the sole property of *Runner's World* and may be published in any medium and for any use worldwide.



This month's winning letter will receive a **Wahoo Fitness Blue HR Heart Rate Strap**, valued at R900. The Wahoo Fitness Blue HR Heart Rate Strap connects wirelessly to your Bluetooth 4.0-enabled iOS device (no adapters needed!), and delivers accurate, real-time heart-rate data through the free Wahoo Fitness App. You now have heart-rate data, playlists, your phone, GPS maps and more – all on one device! Write to: *Runner's World*, PO Box 16368, Vlaeberg, 8018; Fax: 021 408 3811; or email: rwletters@media24.com (letters must be no longer than 100 words and must include your name, address and telephone number or email address).

THE POLL

Has running improved your sex life?



No. I just get tired more quickly now.



Take your pick... what would you rather run in?

50%
Baggy Running Shorts



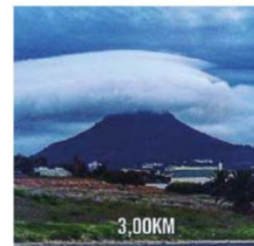
50%
Lycra Tights



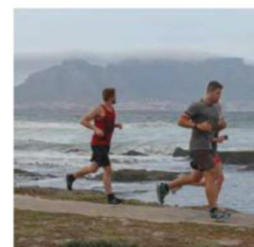
THE GALLERY

#INSTARWRUN

We asked runners to show off their running experiences. Here are four submissions that made us envious.



"Before bed quickie #runyourcity" – *quaniet*



"devinpike12 #InstaRWRun parkrun Edenbay. Awesome area for a morning run." – *angela_keet*



"Happiness is... running in these beautiful surroundings in @lovecapetown! Happy weekend everybody, and happy running adventures." – *runcape town*



"#OldMutualSoweto-Marathon was brutal today. Undertrained, overweight, overstressed, under-rested, and a blazing sun that never let up." – *craigbeepie*

TWEET OF THE MONTH

"MY BREAKFAST THIS MORNING. WHAT DID YOU HAVE? #STELLENBOSCH #MOUNTAIN #1000M"
- @LANGREYLING



PHOTOGRAPH BY JETLINE ACTIONPHOTO (COMRADES)

THE BUZZWORD



RUNNER'S AMNESIA

The ability to forget about all the blisters, shin splints, ITB injuries, bleeding nipples, and bruised and missing toenails. It generally affects runners a few minutes after they've crossed the finish line.

**As defined on roadshedding.wordpress.com*

RATE YOUR RACE



LANDMARKS HALF MARATHON

"Tough race, but a great one. Still managed to improve on my Gun Run Half Marathon time on this course. I'll definitely be back this year."

– Demitri Baroutsos

KING PRICE IRENE FARM RUN

"I ran the half marathon. What an incredibly beautiful route. Loved it. Will definitely be back next year!" – Ashley Lipsett

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KIDS • 19 February
FULL • 20 February
LITE • 21 February

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EDITORIAL

Editor **MIKE FINCH** (mike.finch@media24.com)
Deputy Editor **LISA NEVITT** (lisa.nevitt@media24.com)
Online Editor **KIRSTEN CURTIS** (kirsten.curtis@media24.com)
Senior Designer **MARK ARENDSE** (mark.arendse@media24.com)
Chief Sub / Managing Editor **DAVE BUCHANAN**
Editorial Assistant **ANDRÉ VALENTINE**
Digital Assistant **PENNY CAIRNS** (penelope.cairns@media24.com)
Picture Editor **AMY MOSTERT**
Gear Editor **RYAN SCOTT** (madibapi@gmail.com)
Scientific Editor **DR ROSS TUCKER**
Editor-at-Large **BRUCE FORDYCE**

CONTRIBUTORS

Tudor Caradoc-Davies, Lindsay Dentlinger, Alana Doyle, Craig Duncan, James Garaghty, Tobi Ginsberg, Jacques Marais, Glen Montgomery, Garth Moudien, Oliver Munnik, Lindsey Parry, Bruce Pinnock, Igor Polzenhagen, Ewald Sadie, Ryan Sandes, Vanessa Sandes, Anais & Dax, Liz Applegate, Joe Bastianich, Kelly Bastone, Jonathan Beverly, Caitlin Carlson, Michel Cottin, Ali Engin, Nick Ferrari, Kit Fox, Jeff Galloway, Michael Graydon, Warren Greenen, Nikole Harriott, Alex Hutchinson, Matthew Kadey, Steve Jennings, Cindy Kuzma, Zohar Lazar, Mitch Mandel, Lisa Marshall, Dale Edwin Murray, Rami Niemi, Franck Oddoux, Benjamin Oliver, Eric Peterson, Matt Rainey, Andy Rementer, Victor Sailer, Martyn Shorten, Bradley Stulberg, Pascal Tournaire, Kirsten Ulve, Danny Zapalac

PUBLISHING & MARKETING

Publishing Manager **FRANCOIS MALAN** 021 408 1228 (francois.malan@media24.com)
Marketing & Events Coordinator **RICHARD D'AGUIAR** 021 408 1242 (richard.daguier@media24.com)

PUBLISHING SALES TEAM

Commercial Manager **PREVONI NAICKER** 011 217 3051/082 475 4052 (prevoni.naicker@media24.com)
MYLES KELSEY (CPT) 021 443 9475 / 082 613 8498 (myles.kelsey@media24.com)
LAMEEZ RAIZENBERG (CPT) 021 408 3960 / 082 909 9696 (lameez.raizenberg@media24.com)
HANNES BURGER (CPT) 021 408 3078 / 076 152 4605 (hannes.burger@media24.com)
KATHRYN MOLYNEAUX (JHB) 011 217 3197 / 083 395 3442 (kathryn.molyneaux@media24.com)
KYLEE ROBERTSON (JHB) 011 322 0799 / 076 263 9114 (kylee.robertson@media24.com)

MEDIA24 CENTRAL SALES

YVONNE SHAFF (Head of Advertising Sales) 082 903 5641 (yvonne.shaff@media24.com)
YVONNE SHAFF (Cape Town) 021 439 4907 (yvonne.shaff@media24.com)
CRAIG NICHOLSON (Johannesburg) 011 322 0731 (craig.nicholson@media24.com)
THERESA LAVERY (Durban) 031 566 2442 (theresa.lavery@media24.com)

DIGITAL ADVERTISING SALES

(CPT) 021 468 8299 (JHB) 011 993 8050 (DBN) 021 468 8070 (EMAIL) INFO@SPACEMAIL.CO.ZA

CIRCULATION SALES & SOLUTIONS

Head of Circulation **GADIJA GAMIELDIEN**
Head of Retail **ANDRELINE VAN TONDER**
Circulation Manager **RIAAN WEYERS** 021 443 9964
Product Manager **GEORGE VAN BILJON**
Subscription Manager **JENNY MARINUS**

SUBSCRIPTION ENQUIRIES

TEL 087 740 1041 FAX 086 457 5945 E-MAIL: runnersworld_subscriptions@media24.com
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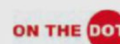
SHARED SERVICES

Production Manager (Health & Sport) **KERRY NASH**
Project Manager (Digital) **ROCHELLE DE BEER**
Advertorial Co-Ordinator **AMY MOSTERT**

MEDIA24 MAGAZINES

General Manager Lifestyle **CHARLENE BEUKES**
CFO Lifestyle **RAJ LALBAHADUR**
General Manager Leisure **LOUISE MENY-GIBERT**

PUBLISHERS OF MEN'S HEALTH, WOMEN'S HEALTH, RUNNER'S WORLD, BICYCLING



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CONTACT US

WEB WWW.RUNNERSWORLD.CO.ZA; EMAIL RWLETTERS@MEDIA24.COM;
TEL 021 408 3800, POST RUNNER'S WORLD (SA), PO BOX 16368, VLAEBERG 8018

RODALE INTERNATIONAL

SVP, International Business Development and Partnerships **ROBERT NOVICK** Executive
Director, Business Development and Global Licensing **KEVIN LABONGE** Editorial
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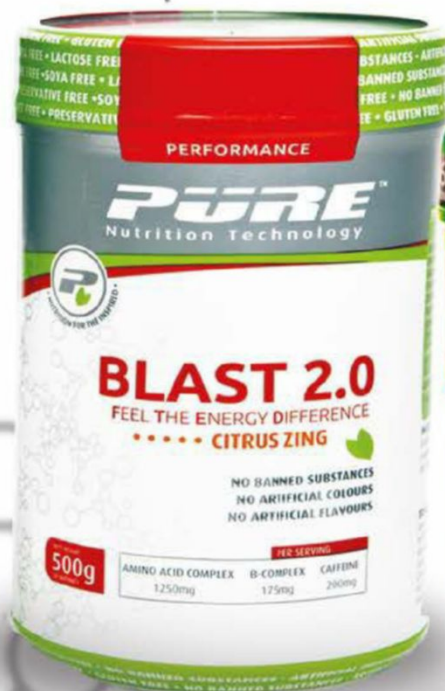
PURE PUSH is formulated to replace fluids, carbohydrates and electrolytes; before, during and after endurance events and workouts lasting longer than 1 hour.

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HOW?

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HOW?

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KALAHARI RIVER & SAFARI CO., GREEN KALAHARI REGION

PHOTOGRAPHS & WORDS BY

Jacques Marais

RUNNER

Jacques Marais

GPS LOCATION

28° 39' 7.25" S 20° 26' 49.47" E

BEST TIME TO RUN

During the wild-flower season, between August and early November. Avoid running here between January and March, because you'll have to contend with heat and thunderstorms.

GRADING

Easy – medium.

DURATION

One to two hours.

TERRAIN

The 7km of trails on the property are in the process of being re-signed; but with the river on one side and the Namibia gravel road on the other, it's pretty difficult to get lost. Expect lots of loose shale, brittle rock and gravel, and plenty of thorny plants.

CONFIGURATION

Gravel roads criss-cross the rugged koppies, inland from the Gariep's lazy watercourse. If, however, you're keen to trip into a 'true' wilderness area, head north-west to Riemvasmaak, a vast and arid expanse, owned by the resettled Riemvasmaker people. The deep ravines and contorted outcrops along the Molopo River make for exceptional trail running – choose between gravel 4x4 routes, →





WARM-UP

RAVE RUN

**KALAHARI RIVER
& SAFARI CO.,
GREEN KALAHARI
REGION**

or the technical Molopo Hiking Trail. This constitutes at least a 90-minute run, one way, so take lots of water (and some sand gaiters).

OTHER ACTIVITIES

River rafting; fly fishing; white-water rafting; clay-pigeon shooting; hiking; bird watching; mountain biking; 4x4 trails

REFUEL AT

The local kiosk-shop at the Kalahari River & Safari Co. Camp sells ice-cold beers (mostly of the SAB variety). Buy them (or bring your own) and sprawl in one of the comfy couches, on the huge wooden deck overlooking the river. From here, you can spot leguaans raiding nests in the reed beds, and fish eagles flying low in search of unwary barbel or carp.


THE EXPERIENCE

Minimalist landscapes, big-sky vistas, and a languorous river that carves a swathe through a desert landscape. Adding to this, you'll meet quirky characters along the way.

Endless gravel roads, bike tracks, game trails and footpaths wind in and out of rocky outcrops. Gorgeous quiver trees and acacias offer shade. For a combination of running options, suitable for beginner to intermediate runners, the Camp is a good place to start.

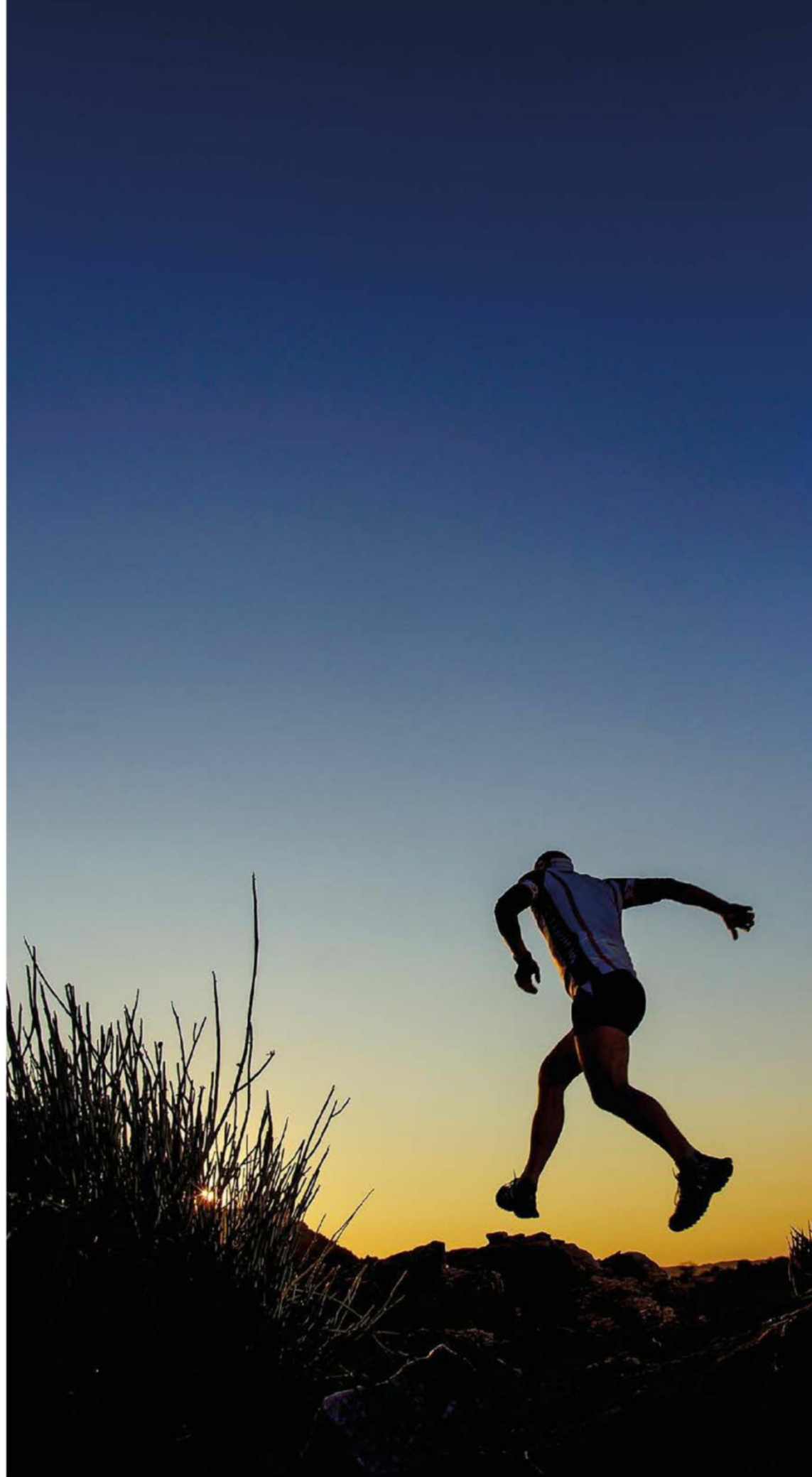
Be mindful of extreme weather, and loose sand and gravel.

GETTING THERE

Follow the N14 from Kakamas, towards Upington. Once you've crossed the Gariep, turn left immediately onto the Namibia/Riemvasmaak road. Follow the Kalahari River & Safari Co. signs, first right and then left. After 23km, the entrance gate to the Camp will be on your left. 



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MYRUNNERSWORLD.CO.ZA/](http://WWW.MYRUNNERSWORLD.CO.ZA/)
INSTARWRUN.







PLANS... NOT RESOLUTIONS

Runners don't make New Year's resolutions – they make plans.

Welcome to the January edition of *Runner's World*, as we begin our 24th year as South Africa's leading running magazine (pats self on back!). Every year we start off with two big themes: our [Shoe Buyer's Guide](#), and a special, comprehensive section aimed specifically at beginners. There is method in this – because every time, the January issue is our biggest-selling issue of the year.

It's easy to understand why. The magazine hits the shelves around the 20th of December, when everyone has taken some time off and is looking forward to sitting down with their favourite publication. But there's more to it than just that: it's also about the promise of a new year, new goals, and – dare I say it – a new you!

By the time the New Year's festivities are over, us runners will already have started planning our goals for 2016 (this year I've got the AfricanX stage race on my radar!). It's not like runners really make New Year's resolutions, though – it's more about setting goals around races, speed and motivation.

It's also a time when a new pair of shoes is probably well-earned, and a great way to up that motivation. While you're at it, a new set of running kit also does wonders.

So here's a tip: leaving a copy of *RW* conveniently on the coffee table, open at the page featuring your favourite shoe, could ensure you get just what you want for Christmas from a loved one.

For those new to running, our special beginner's guide will set you on the path to a healthy, happier life, and we hope that you'll make us part of that journey every month. To help, we've focused on some of the questions beginners ask most frequently – and we hope that when you read the answers, you and other newbies, will understand why running


is the most rewarding and accessible healthy-lifestyle choice on the planet.

We've answered everything from 'What makes running so great?', to advice on how to slim down fast, to what shoes you should buy if you're new to the sport.

"Running is the most rewarding and accessible healthy-lifestyle choice on the planet."

We're also extremely proud to bring you the story of one of the staffers on *Bicycling*, our sister publication. Earlier this year, designer Alana Doyle conquered the mighty UTMB, or Ultra-Trail du Mont-Blanc, and gives us a riveting, blow-by-blow account of her 38-hour journey over the 172km course. It's a brilliant holiday read.

If you're a newbie, the prospect of a race like that may seem a bit daunting. But every journey starts with a single step – and we hope that from first step to last, you'll share your running journey with us this year.

Happy running 

MIKE FINCH
EDITOR-IN-CHIEF
@MikeFinchSA



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HUMAN()RACE

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doing AMAZING THINGS

MEET THE
ORGANISER

THE BIG EVENT

NAME:
SUE ULLYETT

AGE: 38

OCCUPATION:
EVENTS MANAGER

As far as running events went in 2015, the FNB Cape Town 12 ONERUN crashed the party. The race – which features a unique distance and route, and gives amateur runners the opportunity to run with elites – scooped the Western Province Athletics Race Of The Year award, and has been shortlisted for a 2016 Discovery Sport Industry Award.

We caught up with organiser Sue Ulyett to find out what went into putting it together – and what we can expect from this year's event.

WORDS:

André Valentine

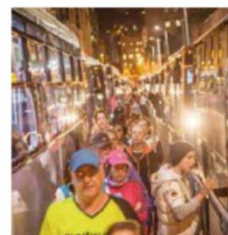
PICTURES:

Tobi Ginsberg/Volume
Photography



PHOTOGRAPH BY JETLINE ACTION PHOTO (ULLYETT)

JANUARY 2016 RUNNER'S WORLD 19



Over 9 000 participants lined the streets of Woodbridge Island for the start of the inaugural FNB Cape Town 12 ONERUN.

➔ **It was a big surprise** when I discovered we'd won Race Of The Year. It gave me that butterflies-in-the-tummy feeling. It took a huge amount of hard work and sacrifice on the part of the entire Cape Town 12 team. To have that recognised is extremely special.

The concept is based on the City to Surf in Sydney, the Bay to Breakers in San Francisco and

Stillwater Sports, had the idea of bringing it to Cape Town, and it grew from there.

It had the potential to be big, based on interactions with runners at our five-kay runs on Friday mornings, and at various pre-event activations. Runners were excited by how different it was. They were hungry for an original road-running event.

"It took a huge amount of hard work on the part of the entire Cape Town 12 team. To have that recognised is extremely special."

Peachtree 10km in Atlanta – all world-class events that attract fields of over 70 000 participants. (The quote 'If you build it, they will come' from the movie *Field of Dreams* springs to mind.)

The event was a never-before-seen concept, so we were uncertain as to how the local running community would react. Michael Meyer, the MD for

The logistics of bussing 9 000 runners from the Grand Parade to the start were challenging. Most runners aren't used to catching public transport to the start of any event, so a communication strategy was vital. When Dezroy Poole, our logistics manager, sent a message to the core team on WhatsApp at 8:05am, saying, "Grand Parade is empty... it's a go!", I knew we'd done it.

The 2015 winners missed the world record by one second, and this made for an action-packed finish on Bree Street, which was exciting for the spectators. Also competing were everyday runners and walkers, some of whom had never run further than five kays.

The late start is great for spectators. Usually, road-running events start at 6am and are over by 9am. On a Sunday, I bet most of Cape Town is still in bed at that time.

Our goal is to become the biggest running event in South Africa. The idea is to form partnerships with key international events of the same calibre, so that we can show off our beautiful city to runners from out of town.

Running helps me cope with stress, so I make time for it early in the morning. When the temptation to hit the snooze button becomes too great, usually in winter, that voice inside my head tells me how good I'll feel afterwards.

I love trail running. Table Mountain is where you'll often find me. The trails in and around Constantia Nek and Hout Bay are some of the best in the world. Chapman's Peak, on a wind-free day, is another favourite.

I had to take six months off from running in 2013, after I sustained a hamstring injury. I was told I would probably never run ultras again, but I managed Comrades and the PUFFeR this year. I don't give up easily.

Being fit enough to run forever motivates me. It's an ongoing battle to stay running fit, particularly as you get older. If you take any time off, it's extremely hard to get back to where you were. Even when I take time off, I eat as if I'm training for an ultra marathon. But no amount of Banting or dieting helps keep the weight off like consistent running.



The Singlet

BECAUSE RUNNING ISN'T
JUST ABOUT STRING VESTS.



JOHNNY BRAVO?

Will distance running help me build a killer upper body that'll attract all the ladies?

Stick with it, and eventually your legs will become stronger and more muscular. You'll be lean, just like the Kenyans – although I can't guarantee your marathon pace will be three minutes a kay. Distance running *will* tone your upper-body muscles, like your abs, shoulders and arms.

hardly capable of kick-starting jumbos. Interestingly, short-distance sprinters are quite the opposite; they have huge upper bodies.

Because you lose weight by distance running, your abs will start to appear. Having said that, you'll still need to do ab-specific exercises, if you want them to pop like the studs and beauties that grace the cover of *Runner's World*. If your goal is to build

HOW DO I RUN WITHOUT YOU?

My running partners are slower than me. Is there a polite way to start with them, then pull away?

In an ideal world, your running relationship with your partners would be a match made in heaven. In reality, sometimes you just have to work with what you've got. The funny thing here is that while you're trying to find a polite way to leave them in your dust, they're probably struggling to keep up with you, and feel dreadful for slowing you down.

The best thing to do is proclaim your intention to leave, through the medium of song: *Birds flying high, you know how I feel / Sun in the sky, you know how I feel / Breeze driftin' on by, you know how I feel / It's a new dawn, it's a new day, it's a new life for me, and I'm feeling good.*

And with that, arrange to reconvene at a specific point. While you're waiting for them to catch up, you can stretch. If they're excruciatingly slow, find an extra loop to run.

"Some folks run with weights attached to their arms, although that's a bit *Shawshank Redemption* for my liking."

But the overall effect will be that you'll slim down, rather than build up.

The world's best distance runners are like high-speed biltong; all sinew, muscle and ligaments. Their leg muscles may be strong enough to run huge distances fast, but they're

upper-body muscle, you'll need to mix in some cross-training, like pull-ups, push-ups and dips. Gym work and high-intensity interval training (HIIT) will also help. Some folks run with weights attached to their arms, although that's a bit *Shawshank Redemption* for my liking.



ASK THE TRAIL STAR
Ryan Sandes

What are your ambitions for 2016? – JACO, Roodepoort

I've focused on Western States for the past couple of years. I was really disappointed when I had to drop out of the Ultra-Trail du Mont-Blanc® earlier this year, so in 2016 I'll concentrate all my efforts on a return to this iconic race.

It's important to pick myself up and set fresh new goals, otherwise training and racing might become stale.

On a personal level, I want to start living in the present more, and enjoy each and every day. I often find myself becoming obsessed with my goals; and as a result I don't spend enough time appreciating what I already

"The next time you're out on your early-morning run, stop for a few minutes..."

have in my daily life. The modern world is so fast-paced that sometimes you need to stop for a moment, and make the most of what you're doing right now.

So the next time you're out on your early-morning run, stop for a few minutes and watch the sunrise, or listen to the birds. It's important to have goals and direction, but you must also enjoy – and make the most of – the journey that leads up to achieving your dreams.

The bottom line: life is short, so make the most of it. All the best for 2016!

Ryan Sandes, a.k.a 'Hedgie', is a trail-running supremo, with race wins too numerous to mention.



RUN IT OFF CLUB



LEARNING CURVE

Toni Cavanagh silenced her critics – and won back her life.

THE WAKE-UP

In 2009, I was diagnosed with degenerative-disc disease and ankylosing spondylitis (*a form of spinal arthritis*). After months of crippling pain, I underwent surgery – a total disc replacement. Barely recovered in 2010, I was diagnosed with rheumatoid arthritis, and within a year presented with symptoms of multiple sclerosis.

My weight ballooned almost immediately, and my freedom of movement deteriorated to a fraction of what it was before. Nothing prepares you for the shock of learning that your life – as you’ve known and loved it – is about to change irrevocably.

THE SHAKE-UP

It wasn’t until a friend said in passing that he doesn’t like fat people – because, he said, they have no ambition and are weak (!) – that I decided I had to do something great.


In September 2014, I made a commitment to run the Two Oceans Half Marathon. At the time, I’d never run further than 200 metres, didn’t even own a pair of running shoes, and suffered from a debilitating autoimmune disease. Even doctors told me I had a death wish. Accepting that what others thought was not my problem was a tough challenge to overcome.

I planned my training programmes meticulously

around my chemo days, and stuck to a healthy, anti-inflammatory diet. When I headed out for my first 5-K walk, I battled; and I looked at my shadow on the pavement and thought, “Wow. You’re a big shadow.”

Undeterred, I downloaded a running app on my phone, monitored my performance, and started keeping a food diary. Sure enough, the weight started shifting, and I was run/walking for the first time in a long while. My inflammation was under control and I was free of pain. By the time I ran my first 10km race, I’d lost 7kg – but to me, it felt like a ton.

THE REWARD

Running has made me stronger and healthier; so much so that by September this year, I was in remission. In 11 months, I’ve run 20 races, ranging from the 10km to a full marathon. Throughout, I have never been injured. In learning I’m not that delicate after all, I’ve silenced my critics – and won back my life. – *As told to Lisa Nevitt* 

TONI CAVANAGH

Age: 48

Home Town: Cape Town

Height: 1.58m

Occupation: Head of Development and co-founder, Virtual Learning Africa

Time Required: 11 months

Then: 83kg

Now: 66kg



'IT'S JUST TOO UNIQUE TO MISS.'

Georgina Ayre, Richtersveld Wildrun® 2015



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RUNNER BY THE NUMBERS

NEWBIES BY THE NUMBERS

Starting out as a runner can be daunting. 'I'm not fit', 'I won't last the distance', and 'I'm going to be sore in the morning!' are just some of the fears that spring to mind. But it's not all doom and gloom. Stats reveal that becoming a runner doesn't take as long as you might think – and a natural high is guaranteed. – **ANDRÉ VALENTINE**

28 Days

HOW LONG IT WILL TAKE YOU TO GO FROM COUCH POTATO TO RUNNER
(DOWNLOAD *YOUR 28-DAY TRAINING PROGRAMME* AT RUNNERSWORLD.CO.ZA).

7 PAGES

...DEDICATED TO
BEGINNERS IN THIS
ISSUE. TO GET
STARTED, TURN TO
PAGE 32.

30-MINUTE WALK

You should be able
to finish this first,
before you consider
running.

10 TO 20%



According to running
coach Susan Paul,
that's the ideal
increment to increase
your time or distance
by, each week.

1 500

THE NUMBER OF 28-DAY TRAINING-PLAN USERS
WHO ARE CURRENTLY ACTIVE.

5KM

The most
common distance
RW readers run as
their first race.

15 000

IN 2015, WESTERN PROVINCE ATHLETICS HAD MORE NEW
MEMBERS REGISTERED WITH THEM THAN ANY OTHER
ATHLETICS ASSOCIATION.

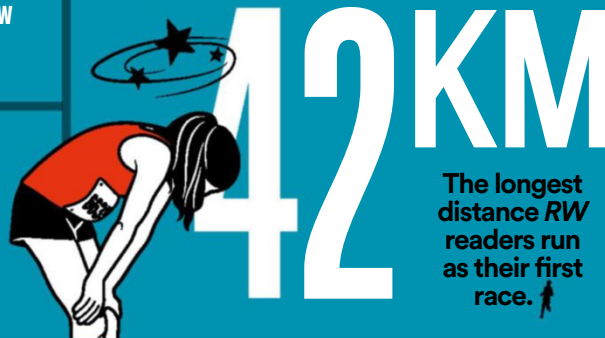
10 TO 20 SECONDS

The amount of running you should do per minute,
once you can walk for 30 minutes. Walk for the
rest of each minute, and add another 10 to 20
seconds of running every week.



20 TO 30 MINUTES

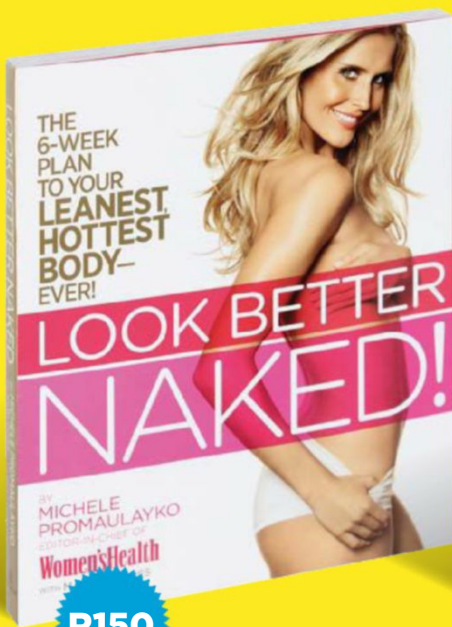
The time it takes for endorphins (commonly referred to as
the 'runner's high') to kick in. According to livestrong.com, this
reaction is even more intense in newbies.



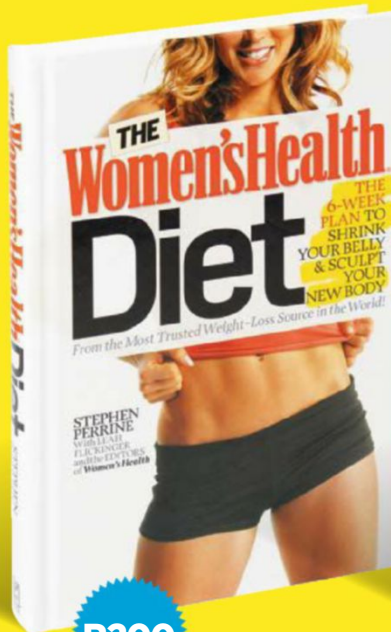
42KM

The longest
distance RW
readers run
as their first
race. 

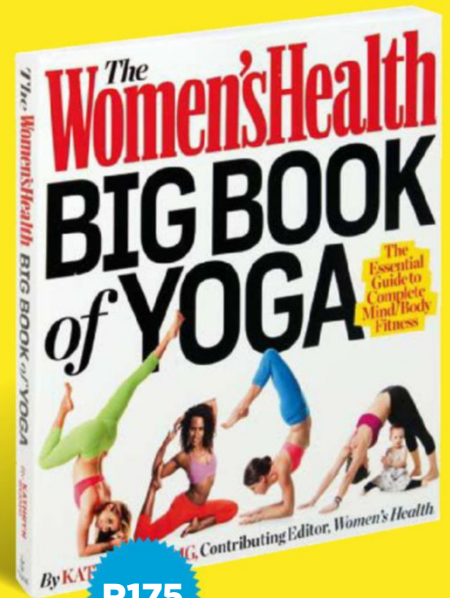
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A SAFFER IN CHINA

What a Chinese city taught me about distance running.

► When I moved to China last year, I'd hoped running in Beijing would become part of the adventure. I had more time to run than I'd had on fleeting holiday visits in the past; and I was also looking forward to the prospect of running my 15th half marathon on international shores.

I'd had a busy start to my training year, running and cycling in Cape Town; so I decided to run on the streets of Beijing for fun, rather than distance or time. I

ran to Tiananmen Square, the Forbidden City, the Temple of Heaven and the Temple of the Sun, taking photographs of street scenes along the way.

But Beijing and I didn't exactly get off to the best start. Frequent stops at busy intersections, and negotiating my way around tuk-tuks and mobile food stalls selling oily breakfasts, did nothing for my Strava stats. And unless it was the crack of dawn, or after 10pm, the inhabitants of

Beijing just didn't run.

Thinking it would be less busy, I tried out a 10km loop of the Olympic Park, taking in the nostalgia of the 2008 Olympics. To my surprise, the parks were just as hectic as the streets.

They were packed full of people, all doing one form of exercise or another: from line dancing to tai chi and rock climbing. Finally, I encountered other runners – but they too were dodging



Beijing's parks are just as hectic as its streets – packed full of people, all exercising.

stumbling toddlers on the pathways.

FINDING A FOREIGN RACE

It wasn't long before having fun was no longer enough. Over the past five years, races had been an important part of assessing my progress and recommitting to new goals. I preferred short-distance races, but finding one in Beijing that wasn't marathon distance proved yet another challenge: there weren't any.

So I wrote to an expat running club for help.

They responded: "The racing scene in China is not the same as it is in other countries. Frequent, short-distance, organised competitions aren't part of our culture."

I could also imagine what a logistical nightmare putting on shorter races would be in Beijing, because of the huge number of people who would want to take part. The Beijing Marathon, for example, works on a ballot system; and in Hong Kong, a single race featuring a variety of distances attracts 23 000 entrants per distance, and they usually sell out within half an hour.

I was beginning to miss South Africa's jam-packed race calendar. But perhaps not being able to race in Beijing – the absence of reward – would require a greater level of dedication to keep going. I began to admire the dedication of Chinese runners, who line up for one long-distance race every few months, often in a different city.

A SUMMER SURPRISE

Within a month, summer arrived – and besides the stifling humidity and early-morning heat, there was also smog to contend with. Not only was it too hot to run, there was something else bothering me: I couldn't help but wonder why I was hobbling around after getting out of bed in the morning. My



Running is a terrific way to see a city's sights and landmarks – even in Beijing.

legs were genuinely aching.

Here's why.

Beijing has a population of more than 20 million, and all of those residents have to apply to own a car. So I had to find another way of getting from A to B. Taxi drivers tend not to speak English, which is a challenge in itself. As a result I was often left

stranded at the side of the road, with no other choice but to walk.

Songstress Katie Melua's assumption that there are nine million bicycles in Beijing is pretty accurate, and the city's roads are equipped for cyclists, but they tend to follow their own traffic rules, and cycle traffic can be just as

chaotic as motorised traffic.

The lanes are also shared by electric scooters, e-bikes and tuk-tuks; often with up to three people on a single bike, and riding in the wrong direction. The bus schedules are confusing and erratic.

My best bet to get to work on time was to join the 10 million dedicated folk who use the city's subway each day. But that involved walking from home to the nearest station, down long passages, and up and down flights of stairs. Once the subway train had reached my stop,

I still had to soldier on for another two kilometres.


At the weekend, I easily racked up 10 kilometres in a single day, as my partner and I explored the city sights.

It turned out I'd been walking a marathon a week just getting around the city of Beijing. That was more mileage than I had run!

This realisation sparked something in me, because I'd long admired the walkers I'd seen at races – especially those who could walk faster than I could run.

WALKING MARATHON

Since my first 'walking marathon', I've walked the Penguin March, then the London Underground, and the Hawaii Archipelago, and then the Serengeti. I've astounded myself, because over the last five months, I've racked up over 800 kilometres of walking.

I can only hope that when I return to South Africa and get my running back on track, all this walking will stand me in good stead to run my first marathon. Beijing has taught me that I too am capable of dedicating myself to distance – no matter what the obstacles. 

When not running, Lindsay escapes the crazy world of news at the barre of a ballet class.

A CLINICAL APPROACH

TO TREATING THE MOST COMMON RUNNING-RELATED INJURIES

In this brand-new edition, updated to reflect current practices and research, you'll find everything you need to know about: shoes and shoe selection, 'over the counter' treatments, orthotic techniques and materials, Piriformis Syndrome, chiropractic medicine and acupuncture, stretching techniques, nutrition and supplements, injuries suffered by minimalist runners, and issues specific to women, children and endurance runners.

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30

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POP QUIZ

What's the best way to cool down after a hot run? With an ice-cold frozen-fruit bar like a **Strawberry-Watermelon Ice Pop**. Yum! Not only will this tasty treat help lower your body temperature, but it will also provide much-needed carbohydrates and antioxidants to kick-start recovery. Skip shop-bought kiddie ice-lollies, since they're laden with food colouring and added sugar (which can contribute to a number of health woes, from obesity to heart disease). Instead, make your own. It's easy, and the results are fresher, healthier, and way more delicious than anything from a box. For tasty, refreshing juice recipes, full of runner-friendly nutrients, turn to page 38. 



RUN, RUN, REPEAT

Stay motivated with one kilometre a day during our Holiday Streak.

By Cindy Kuzma

IN THE SEASON of shopping, parties, and cookies, even *Runner's World* editors can suffer from low motivation (or lack of time, or both!). To combat the urge to shelve running until after 'Auld Lang Syne', US senior editor Meghan Kita and a friend devised the *Runner's World* Holiday Run Streak in 2011, and it's become an annual event. The streak has just one rule: log at least one kilometre per day over the festive season.

The list of reasons to streak is nearly as long as a six-year-old's letter to Santa. For one thing, consistency improves endurance, efficiency, and speed. Steady mileage can also ease stress and burn off festive treats, or help you avoid overindulging entirely. "There's something about keeping a promise to yourself that can translate to other parts of life," says Shannon McGinn, a four-year streaker and coach at Creating Momentum.

Fill friends and family in on your quest, and suddenly you have a cheerleading squad.

Above all, having a goal makes good habits stickier. "Streaks can provide motivation when you just don't have any," says Jeff Knight, clinical exercise physiologist for Under Armour Connected Fitness. Here's how to streak smartly.

START HEALTHY

Anyone who wants to streak can try it, provided the timing is right, McGinn says. Before attempting the streak, you should have three months of consistent running under your belt (at least three days per week) and the ability to run five kays without stopping. And don't kick off a streak while fighting aches and pains. If you're currently or recently injured or are brand new to running, try a modified version (see 'Consider the Alternatives', below).

SLOW DOWN

Runners like McGinn and Derrick Spafford, an ultrarunner and coach who's run every day for nearly 26 years, sustain streaks by

keeping most runs at an easy pace to prevent burnout and injury. Speedwork and tempo runs aren't off-limits – just take an easy day before and after hard efforts.

The other secret: do just the bare minimum when necessary. If you planned to log eight kays but feel extra sluggish or sore, start with just a kay and see how it goes. "If you still feel like crap, limit it to that short and easy run," Spafford says. Odds are, you'll feel better the next day.

COMMUNICATE

If you sneak out each day for your run, your friends and family might label you selfish. But fill them in on your quest, and suddenly you have a cheerleading squad instead. "People start rallying behind you," Knight says. "They'll ask, 'Oh, did you get your run in today?'"

PLAN FOR SUCCESS...

Run first thing in the morning if you can, before other events interfere. Keep running clothes and shoes


with you at all times. If you're travelling, stash them in your hand luggage rather than checking them in. Think creatively – long airport terminals and treadmills are your friends, Spafford says.

...AND FOR FAILURE

One big risk of the streak: breaking it can zap your motivation. To prevent this, plot out a future goal, such as completing your first 10-K or running a faster half marathon next year, Knight says. If you miss a day, restart the next day, remembering that an imperfect streak will get you closer to your long-term targets than no running at all.

LISTEN TO YOUR BODY

Running every day may pose an injury risk. Reduce it by varying your surfaces – logging some kays on softer trails or the treadmill will reduce the impact on your muscles and joints, Spafford says. And make sure to build in time for maintenance in the form of dynamic warm-ups, post-run stretching, and foam rolling.

Doing a short run with sore muscles probably won't cause long-term damage. But if you feel localised pain that worsens or alters your gait, you may need to stop your streak, to prevent an injury requiring more time off later, McGinn says. 

Consider the Alternatives
If you can't (or don't want to) run every day, try a modified streak.

GO FOR KILOMETRES
Aim to log a cumulative 31 kays (or more, if you can) – the equivalent to running one kilometre per day – over December.

DO AN EXERCISE STREAK
Clock 15 minutes of any type of cardio activity each day – cycling, swimming, dancing at a festive party – to build fitness with less impact.

GET STRONG
Try a strength-move streak by doing a minute-long plank, 25 push-ups, or 25 squats every day.



ASK THE SCIENTIST
Ross Tucker

Does diet stop cramping? – TERRY, Paarl

Around 75% of runners will cramp at some stage of their running careers. But according to most research, cramp isn't caused by lack of electrolytes or dehydration.

Runners who cramp at the end of a long race are no more dehydrated than the runners who don't – and their level of electrolytes doesn't differ, either. People who cramp do so in very specific muscle groups, namely the ones they're using, such as hamstrings, quads and calves. If cramp were caused by electrolyte or hydration issues, then every muscle would be at risk. So it's more likely to be related to muscle work.

The latest (and most conclusive) evidence comes from a series of studies in which researchers progressively

"...it's not about fluid or electrolytes."

caused dehydration in some participants, and then stimulated their muscles in a way that would induce cramp. What they found is that the stimulation required to cause the cramp was no different between participants who were significantly dehydrated and those who were fully hydrated. In other words, it's not about fluid or electrolytes.

So for that reason, the current thinking is that the cause of cramp is neural, and related to strength and fatigue, rather than diet. What you need, then, is a good helping of strength training and fatigue resistance!

RW Scientific Editor Dr Ross Tucker has a BSc (Med) (Hons) Exercise Science Degree and PhD from the Sports Science Institute. Visit him at www.sportsscientists.com.



HEALTHY, HAPPY RUNNING

My best advice for staying injury-free forever

➔ On 12 July last year I ran a marathon, my 200th 42.2, to celebrate turning 70. I competed in the 1972 Olympics in the 10 000 metres, and as I trained to remain a top athlete, I had an Achilles problem, in 1977. Then I had an epiphany: I wanted to enjoy every run, pain-free, for the rest of my life. I have run almost every day since 1978 without one injury. Here's how I'm doing that – and how you can, too.

TAKE WALK BREAKS

Doing a mixture of running and walking gives me control over how I feel on a run and how quickly I recover. If I start to experience aches or fatigue, I can adjust the amount of running and walking to heal while I continue my daily runs. Run-walking in races helps me bounce back quickly.

SHORTEN YOUR STRIDE

Taking short steps and


keeping your feet close to the ground reduces stress on your feet, legs, joints, muscles, and tendons. A short stride, when paired with walk breaks, can keep your legs feeling fresh and strong even as your body loses flexibility and muscle mass as you age.

RACE YOUR WAY FIT

I stopped doing speedwork in 1978 – if I wanted to run fast,

I'd enter a 5-K. I also started to look at marathons as long training runs rather than races, and two years later, I ran my PB (2:16). Races offer a sense of community and a mental boost that helps you run faster with less effort.

BE OPEN TO CHANGE

Runners are stubborn, especially those who've been at it for years. Many hesitate to slow down, add walk breaks, or run fewer days, even as they stop enjoying their runs (and start getting injured). But change is good – the right strategy can allow mature runners to feel good on every run. 

You Asked Me Jeff answers your questions.

How can I stay interested in running once my speediest days are behind me?

It's possible to change your priorities – instead of prizing competition, celebrate the beauty of running as the sun rises or sets, or the sense of victory from conquering a hilly route.

What goals can I set for myself that don't involve fast finishes?

Every runner can find challenges that aren't tied to time: going longer each month, racing in every province, and so on. Determine what about running makes you happiest – being with other runners? Exploring new places? The solitude? – and choose a goal that involves doing more of the running you love.

Fact or Fiction The more years you run, the more likely you are to get injured.

FICTION

Research shows that aging runners have healthier bones and joints than their non-running peers. By taking the right measures and listening to your body, you can run until you're a hundred.

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~~Back Pain~~
~~Joint Pain~~
~~Swelling~~
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HEAVY METTLE

Lift to fatigue after hard runs for big rewards.

➔ According to purists, the best supplementary workout for runners is more running. There's some truth to this, but many top athletes also strength-train. By working weak muscles and correcting imbalances, these runners hope to reduce their injury risk, which will allow them to run even more. More subtly, strength-training boosts running economy, allowing you to hold the same pace while burning less oxygen. And all of this becomes even more important once you reach your mid-30s and start fighting age-related muscle loss.

The challenge is that endurance and strength-training place competing demands on your body. To get the most out of your strength sessions without compromising your running, keep the following guidelines in mind.

Do as many reps as you can with good form – which may not be many, after speedwork!



WHAT TO LIFT

Recent studies have shown that tiny dumbbells, big barbells, or body-weight exercises can produce similar gains as long as you **lift to momentary failure, the point at which you can't complete another rep with perfect form.**

Include two or three exercises each for the upper and lower body, plus some that target core and hip strength; aim for three sets of each exercise, twice a week.

To optimise running economy, focus on lower-body exercises that recruit large amounts of muscle all at once, like weighted lunges and squats. Or, include explosive plyometric exercises like two-legged and one-legged jumps, and eventually drop jumps, which involve stepping off a low box or step and then jumping as high as you can as soon as you land.


WHEN TO LIFT

Runners should generally run *before* lifting weights, because trying to run afterwards can change your mechanics – you may ingrain bad habits. **Lift weights either immediately after a hard workout or later the same day.** That makes your hard days extra-hard, but ensures that you can recover on easy days.

You don't have to lift hard all year long. Studies have found that a six-week block of focused strength-training during a race build-up is sufficient to boost performance. It's still good to keep up a low-key maintenance programme throughout the year, but you can reserve lifting to failure to coincide with preparing for goal races. Scale back your lifting two weeks before race day, and don't lift at all during the last week to recover without detraining.

HOW TO RECOVER

A hard run plus a strength session might leave you jelly-legged the next day. Make sure that you're getting enough protein to help your muscles repair – not just right after the workouts, but throughout the day. Aim for four to five doses of about 20 grams of protein (e.g. two eggs and a cup of milk), including one just before bed.

To deal with next-day soreness, you can try aids like ice baths and compression garments, but it's far better to prevent soreness by progressing your strength routine slowly. If you haven't been lifting weights, **take a six-week block to build up to lifting to failure.** Be similarly cautious when trying new exercises. You *should* be tired when you wake up the day after an interval-weights double – but if you can't get out of bed, you're not getting faster. 

RACE PREP

JINGLE ALL THE WAY

Make time for a festive 5-K.

By Caitlin Carlson

YOU JUST RAN A GOAL RACE

You can run a 5-K a week or two after a half or full marathon, Corkum says, but don't race it – your body needs time to recover.

Do a few easy runs between your goal race and the 5-K, keeping them short (five or six kays, max) and 25 per cent slower than your usual pace. And make time for dynamic stretching and foam rolling, which will help your muscles rebound before you race again, says Nike+ Run Club coach Joe Holder.

YOU JUST HEARD ABOUT IT

When you get to your relatives' house two days before Christmas and discover everyone else has signed up for the next parkrun, you'll probably want to join in – even if you've been slacking. **If you can run 20 minutes without stopping, you're cleared to do the 5-K**, says Corkum. If you want an idea of how long the run will take, head outside a day or two pre-race and run two kays at a pace that's an 8 on an effort scale of 10. Multiply this time by 1.1 to get a realistic 5-K pace, says Holder. Or, ditch the time goal: "Forgetting about the clock can be fun," says Corkum.

YOU WENT TO A PARTY LAST NIGHT

A 'fun' 5-K shouldn't stop you from enjoying a festive jol the night before. "You don't want to feel ill the next morning, but you want to be part of the party," says Corkum. To do that, **eat a little bit of lots of things** instead of spending your evening next to the cheese platter or dessert table. Mixing it up will prevent you from OD'ing on foods that cause problems in large quantities. And try to eat early – you'll have more time to digest before bed. If you're drinking, limit yourself to one or two alcoholic beverages for best results. Holder suggests avoiding cool-drink and juice mixers, which can cause spikes and drops in blood sugar. Sip water all evening and some sports drink before bed to wake up feeling good, says Corkum.



ASK THE COACH
Lindsey Parry

How can I bounce back from an indulgent festive season? – RICHARD, Pretoria

We may have the best of intentions, but abstaining from eating and drinking too much over the holidays is a difficult task. Have you let things slip? Enjoyed yourself? That's nothing to worry about.

I'm guessing most people would prefer it if the holidays came directly *after* a big event. But the reality is, we all need time off from work and training, regardless of when it happens. Modern living is time-constrained, and not having to worry about

"...don't attempt to make up for lost time."

when you'll fit in a run can be mentally refreshing.

What is important is that you don't attempt to make up for lost time. Build up slowly, and use a systematic approach to improve from the point at which you're starting. Avoid big jumps, in both intensity and volume, gradually increasing both.

But the closer to your goal race you are, the slower you can afford to build up to it. That's why it's vital you rely on cross-training to help bridge the gap.

Incorporate some low-impact activities, like canoeing, cycling, swimming or rowing. These will give you a great cardiovascular boost, and reduce the overall load on your muscles and joints.

Lindsey Parry is a qualified biokineticist, Two Oceans and Comrades silver medallist and 2:47 marathoner. Email him at lindsey@hpc.co.za.

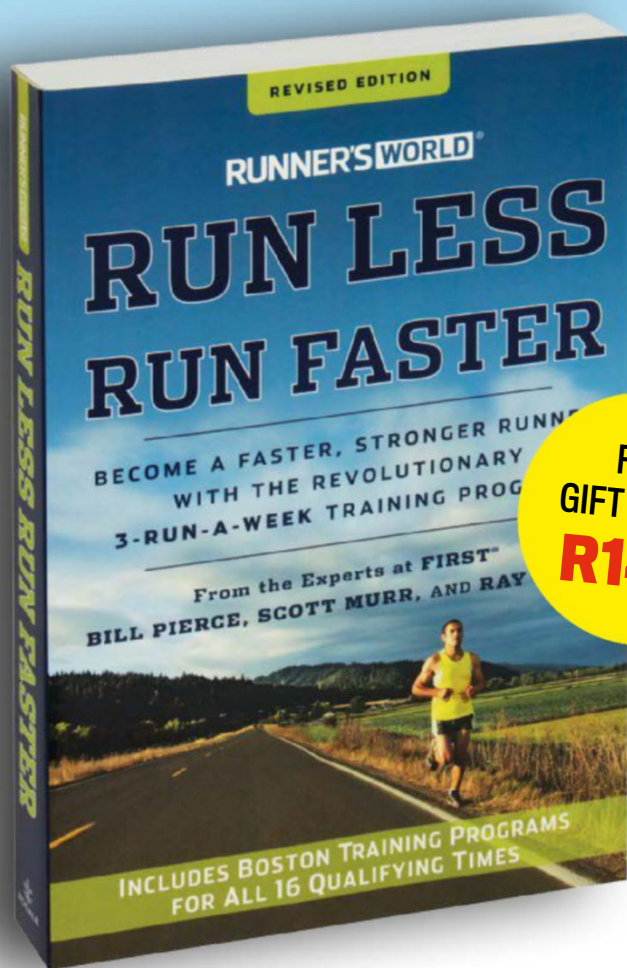


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FUEL

SPLENDOUR IN THE GLASS

Tasty, refreshing, and full of runner-friendly nutrients

By Dr Liz Applegate

TOMATO-PAWPAW REFRESHER

This combo is rich in vitamin C, which helps promote healthy cartilage, and potassium, a key electrolyte.

- 1 cup tomato juice
- 3 pawpaw ice cubes (see 'Nice Ice', below)
- 3 slices seeded jalapeño chilli
- 1 wedge lime
- 1 wedge lemon
- 1 stalk celery with leaves

In a glass jar, pour the tomato juice over the pawpaw ice cubes. Add jalapeño and squeeze in lime and lemon. Stir with the celery.

TART CHERRY JUICE AND LIME

Tart cherry juice supplies a wealth of antioxidants that help stave off soreness and boost recovery after hard runs.

- 2 lime juice ice cubes
- 1 cup tart cherry juice
- 1 sprig mint

In a tall glass, add the lime juice ice cubes and cherry juice. Garnish with the mint. Allow ice to melt for a few minutes before drinking.

Tart Cherry Juice and Lime

Tomato-Pawpaw Refresher

Ginger-Mint Lemon-Limeade

In just an hour of running you can lose between one and two litres of body fluid.

NICE ICE

Chill out with flavourful DIY cubes.

LEMON OR LIME JUICE ICE CUBES

Use unsweetened juice and add honey or agave syrup. Pour into moulds and freeze.

PINEAPPLE OR APPLE JUICE ICE CUBES

These juices don't require adding sugar. Store in freezer bags for up to three months.

PAWPAW OR PEACH ICE CUBES

Remove the skin and pips, blend with water, then freeze. Use to flavour sparkling water.

GINGER-MINT LEMON-LIMEADE

This sweet-tart combo will energise your muscles pre-run with a hit of carbs.

- 1/4 cup mint leaves
- 3cm piece fresh ginger, peeled and chopped
- 2 lemon ice cubes
- 2 lime ice cubes
- 1/2 cup lemonade
- Lemon slices

In a tall glass, muddle the mint and ginger. In a shaker, combine lemon and lime ice cubes and lemonade; shake well. Pour in the glass. Garnish with lemon slices.

PEACH-MELON COOLER

Summer fruits pack a dose of pre-run carbs, along with an array of antioxidants.

- 2 peach ice cubes
- 1 lime ice cube
- 1/2 cup diced spanspek
- 1/2 cup diced peach
- 1/2 cup sparkling water
- 2 Tbsp. blueberries
- Sprinkle of ground cinnamon

In a shaker, combine peach ice cubes, lime ice cube, spanspek, peach, and water. Lightly shake. Pour in a glass over blueberries. Top with cinnamon. Allow the ice to melt slightly.

SUPER BERRY SLUSHY

Blueberries are packed with anthocyanins known to protect muscles and other body cells from oxidative damage.


- 1/2 cup sparkling water
- 1/4 cup frozen strawberries
- 1/2 cup frozen blueberries
- 1 teaspoon dark honey

In a blender, combine the water, strawberries, blueberries and honey. Blend until slushy.

WATERMELON- BASIL COOLER

A perfect post-run remedy, this drink is rich in skin-protecting lycopene and rosmarinic acid, an anti-inflammatory compound in basil.

- 2 cups cubed watermelon
- 3 to 5 basil leaves
- 3 lemon ice cubes

Freeze the watermelon for 30 minutes, or until semi-frozen. In a blender, mix the watermelon, basil, and ice cubes. Blend until combined. 



Peach-Melon
Cooler

Super Berry
Slushy

Watermelon-
Basil Cooler

Tempted to add a splash of booze? Hold off until you've had a chance to fully rehydrate.

QUICK BITES

TAKE IT ON THE ROAD

Travelling to the office, to a workout, to a race? Bring healthy snacks.

By registered dietician Matthew Kadey

CRUNCHY CURRY PEAS

Lots of fibre and protein curb cravings.

MAKE IT Soak 2/3 cup of split peas in water for 4 hours. Drain and dry. Heat ¼ cup canola oil in a skillet. Add peas and stir often, until golden, about 15 minutes. Transfer to a paper towel-lined plate. Toss with 2 tsp. curry powder and ½ tsp. salt.

FIG PROTEIN BALLS

Calcium and vitamin K protect your bones.

MAKE IT Soak 1½ cups dried figs (stems trimmed) in hot water

for 30 minutes. Drain, dry, and put in a food processor with 1/3 cup protein powder, ¼ cup cocoa powder, ¼ cup nut butter, ½ tsp. cinnamon, zest of 1 orange, juice of ½ orange, and a pinch of salt. Form into 2-3cm balls and roll in shredded coconut.

HERBED BEETROOT CHIPS

Beetroot nitrates help improve oxygen delivery.

MAKE IT Heat oven to 180°C. Line 2 baking sheets with parchment paper brushed with oil. Peel and thinly slice 3 medium beetroot, place on baking sheets in a single layer, and brush tops lightly with more oil. Sprinkle on crumbled dried rosemary, salt, and black pepper. Bake for 20 minutes or until crispy and edges have browned.


BEEFED-UP TRAIL MIX

Biltong adds protein, popcorn supplies fibre.

MAKE IT Toss together 4 cups air-popped popcorn, 100 grams of chopped biltong, ¾ cup pecans, ½ cup sliced fruit leather, ½ cup dark chocolate chips, and ⅓ cup roasted and salted pumpkin seeds.

GRANOLA BARK

Dark delight with antioxidant-packed tart cherries for better workout recovery.

MAKE IT Line a baking sheet with parchment paper. Microwave 2 cups dark chocolate chips in 30-second increments until melted. Stir in 1 cup granola, 2 tsp. orange zest, and 1 tsp. cinnamon. Spread onto baking sheet and sprinkle on ½ cup dried tart cherries and ¼ tsp. coarse salt. Chill until firm, about 30 minutes. 

Choose biltong to add to your trail mix – the leaner, the better.

Don't care for curry? Toss split peas with other spices, such as cumin and chilli powder.





FUEL



THE RUNNER'S PANTRY

CHEESE WHIZ

*Aged Italian varieties add big flavour to dishes created by marathoner and former US MasterChef host **Joe Bastianich**.*

ITALY'S AGED CHEESES pack a flavour punch. Grana Padano, Parmigiano-Reggiano, and Pecorino Romano are ideal for grating and shaving over dishes – adding richness for relatively few kilojoules. Cookbook author Joe Bastianich chooses Grana Padano (for which he is a spokesperson). “In my house, we put it on everything, including desserts,” says Bastianich, who has run six New York City Marathons. For more, see joebastianich.com. – YISHANE LEE

Parmigiano-Reggiano and Grana Padano are made from cow's milk; Pecorino Romano is made from tangier sheep's milk.

30 grams of Parmesan has 10 grams of protein and 33 per cent of your daily calcium needs.



SLICED SIRLOIN AND ROCKET SALAD

- 340 grams sirloin steak
- 3 Tbsp. olive oil
- Kosher salt and ground black pepper
- 1 clove garlic, smashed
- 4 cups baby rocket
- 60 grams shaved Grana Padano
- Balsamic vinegar

Heat oven to 200°C. Rub meat with 1 Tbsp. oil; season with salt and pepper. In a large cast-iron pan over medium high, heat 1 Tbsp. oil and garlic. Brown garlic, about 1 minute, and remove. Sear steak until browned and golden, about 3 minutes per side. Transfer to oven and roast until medium rare, about 4 minutes. Remove and let rest 5 minutes.

Toss rocket with 1 Tbsp. oil plus salt and pepper. Slice steak into 2cm-thick slices; place on top of rocket. Top with cheese and drizzle vinegar. **Serves 2.**



MACARONI WITH CHERRY TOMATOES

- 1.5 litres cherry tomatoes, halved
- 3 Tbsp. olive oil
- 5 cloves garlic: 2 chopped, 3 sliced
- 1 tsp. dried oregano
- ¼ tsp. crushed red pepper flakes
- ¼ tsp. kosher salt
- 3 spring onions, chopped
- ¼ cup toasted pine nuts
- ½ cup dry white wine
- 500grams macaroni pasta
- 1 cup chopped basil
- ¼ cup grated Grana Padano
- 60 grams ricotta salata

Roast tomatoes, 2 Tbsp. oil, chopped garlic, oregano, red pepper, and salt for 30 minutes in 180°C oven. In a pan, cook sliced garlic in 1 Tbsp. oil, 1 minute. Wilt spring onions. Add pine nuts and wine; cook till reduced by half. Boil pasta; drain. Add pasta, tomatoes, and basil. Remove from heat; add cheeses. **Serves 6.**



MIND+BODY

CONGRATS! NOW WHAT?

Physical and mental recovery starts the second you cross the finish line.

By Bradley Stulberg

FOR MANY RUNNERS with big summer races on their calendars, detailed training plans over the past few months have dictated when to run, when to rest, how to stretch, what to eat, and everything in between. The minutes, hours, and days after the event are a lot less defined. Yet this often overlooked transition period is critical, especially if you raced 21.1 or 42.2 kilometres. "What you do to recover after a race plays a big role in how you will perform at the next one," says Corey Hart, a physiologist and doctoral candidate at the University of Utah's Vascular Research Lab in the US. Here's what is happening inside your body and mind following a race, and the steps you can take to bounce back strong.

Legs Up the Wall pose (see page 44) reduces swelling in your feet and lower legs. Eat a banana while you're at it to speed post-race recovery.

POST-RACE

0-24 HOURS

BODY

Refuel with a high-carb drink containing a small amount of protein. “Muscles are most permeable to energy uptake in the 30 minutes following a hard effort,” Hart says. For the next 23 hours, your priority is muscle repair – and that means protein. Hart recommends frequent snacks that are high in carbs but also contain 25 to 30 grams of protein.

Light foam rolling and compression clothing improve bloodflow to remove toxins from muscle. Otherwise, it’s generally best to “relax – let the body initiate its natural recovery processes,” Hart says. Many runners literally ‘run around’ recovering, which is counterproductive.

24-72 HOURS

Now is the time to try light exercise. **Active recovery expedites the body’s natural repair process** by delivering more oxygen and nutrients to the muscles. Just keep it easy – go for a walk.

Continue to wear compression clothing, and if you get a massage, keep the pressure minimal. “You want to let your muscles heal, and deep-tissue massage can cause muscle damage,” says Hart.

Popping ibuprofen might be tempting, but unless you sustained an acute injury, many experts advise against it. “The inflammatory response is signalling recovery,” Hart says, “and that is not something we want to mask.”

3-7 DAYS

Although you may be getting anxious about not training, fatigue is probably pulling you to the couch. This is especially true for runners who raced longer distances or trained hard for an extended period. Hart calls this “central system fatigue”. “While training, you are constantly suppressing fatigue, which can throw your hormonal profile out of whack,” he says. When your body lets its guard down a few days after the event, all the built-up fatigue sets in. **“Do not fight this fatigue,”** Hart says. Instead, stick to light active recovery and remember that the priority is to rest so your body can return to hormonal balance.

7-21 DAYS

Your muscular and hormonal systems are still returning to baseline, so this is a good time to **slowly introduce some intensity into workouts**.


“The main thing to remember is that you can’t train if you are injured,” Joyner says. Thus, err on the side of doing too little versus doing too much, and “focus on reading your body and backing off if soreness and fatigue don’t improve”. Joyner and Hart agree that cross-training is a good low-risk approach. Add intensity into other sports (a hard hike or swim). By the end of this period, your central and muscular systems should be back in tune and you can ease back into running.

MIND

“Celebrate!” says Kristin Keim, a sports psychologist. Many runners have type-A tendencies, always looking for the next challenge. Keim says pausing to reward yourself and **reflect on your accomplishment** is important. If you find yourself struggling to sit still, let alone sleep, worry not. According to Michael Joyner, a physiologist, a number of factors – ranging from GI issues to elevated neurochemicals – can interfere with sleep. When you do finally feel drowsy, don’t cut yourself short. Sleep is vital to recovery, so don’t be afraid to hit the snooze button.

The immediate post-race high is wearing off, but dopamine and serotonin levels are still elevated. “Simply moving past the race is tough,” Keim says. So don’t feel bad about the urge to write a race report and post pictures on social media. Even after a disappointing race, Doug MacLean, a running and triathlon coach with QT2 Systems, encourages athletes to **fully process the event rather than trying to block out negative feelings**. “It’s not until we internalise what happened at a more subconscious level that we can objectively analyse what went wrong, make adjustments, and truly release from the past,” he says.

Enter, for some, the post-race blues. “Stimulating neurochemicals are declining, and at the same time you are reintegrating into everyday life,” Keim says. An ensuing rut can be compounded by the fact that most runners’ antidepressant of choice – a hard workout – isn’t an option. Keim urges runners to “maintain their identity as athletes.” To do this, analyse your race, think about goals for next year, and perhaps most important, **reframe rest as a key part of your training plan**. By viewing rest as something you are actively choosing to do to improve as an athlete, you are less likely to feel like you’ve lost the athletic part of yourself.

You will probably feel a healthy urge to start running again. **Now is a great time to develop a new set of goals**. This might mean running faster, running further, taking running more seriously, or perhaps taking running less seriously. But if you are feeling burned out and the thought of running evokes dread, that’s okay, too, Keim says. There is no rush to get back into things, and if the thought of structured training refuses to catch on, you can still run casually for general health, stress relief, and social fun. “You shouldn’t have to search for the motivation to train hard,” Keim says. “You’ll know if and when it comes back.” 

THE BODY SHOP

FLY RIGHT

Post-race moves for a better trip home

IF YOU'RE A DESTINATION RUNNER with a tight travel schedule, you might be stuck sitting in a cramped seat just hours after you cross the finish line. And that can hurt your recovery. "Moving is important to keep the blood flowing," says *Runner's World* advisor Dr William O. Roberts, who is also the medical director of a marathon. These travel-friendly moves boost circulation and keep your muscles loose. — KIT FOX



LEGS UP THE WALL

Before you board the plane or climb into the car, sit with your hip at the base of a wall. Lie back and turn your body 90 degrees so you form an L-shape with your legs against the wall. Hold for 10 minutes.



HALF SQUATS

In the aisle of the plane or at a rest stop, bend your knees and lower into a squat as far as feels comfortable. Use a wall for support if you need it. Repeat five to 10 times at a slow pace.



ANKLE RAISES

In a plane seat or passenger seat of a car, raise your left knee and move your foot in a circle 20 times. Then reverse direction another 20 times. Repeat with the other foot.



QUAD MASSAGE

Place your right forearm on your right quad. Push the forearm into the muscle. Using slight pressure, slide up and down using the arm like a massage stick. Then switch legs.



Sinking into this glute stretch also promotes balance, but hold on to something if you're feeling shaky.

LEG RAISES

Slowly raise and lower your left knee, activating your glute and quad muscles. Repeat five times before switching to the other leg.



LEG EXTENSIONS

Place both feet flat on the floor. Straighten your legs to raise your feet out in front of you (go under the seat in front of you on a plane). Lift five times.

Flight Risk

Runners may be more susceptible to deep vein thrombosis — potentially dangerous blood clots — when flying after a long run, according to *RW* advisor Dr William O. Roberts. Here are three essential travel safety tips.

STAND UP AND WALK It's the best way to keep blood flowing in your legs to prevent clots.

GET SQUEEZED Wear compression socks to encourage bloodflow.

SKIP THE BOOZE "Drinking alcohol may increase the risk of clots while flying," Roberts says.

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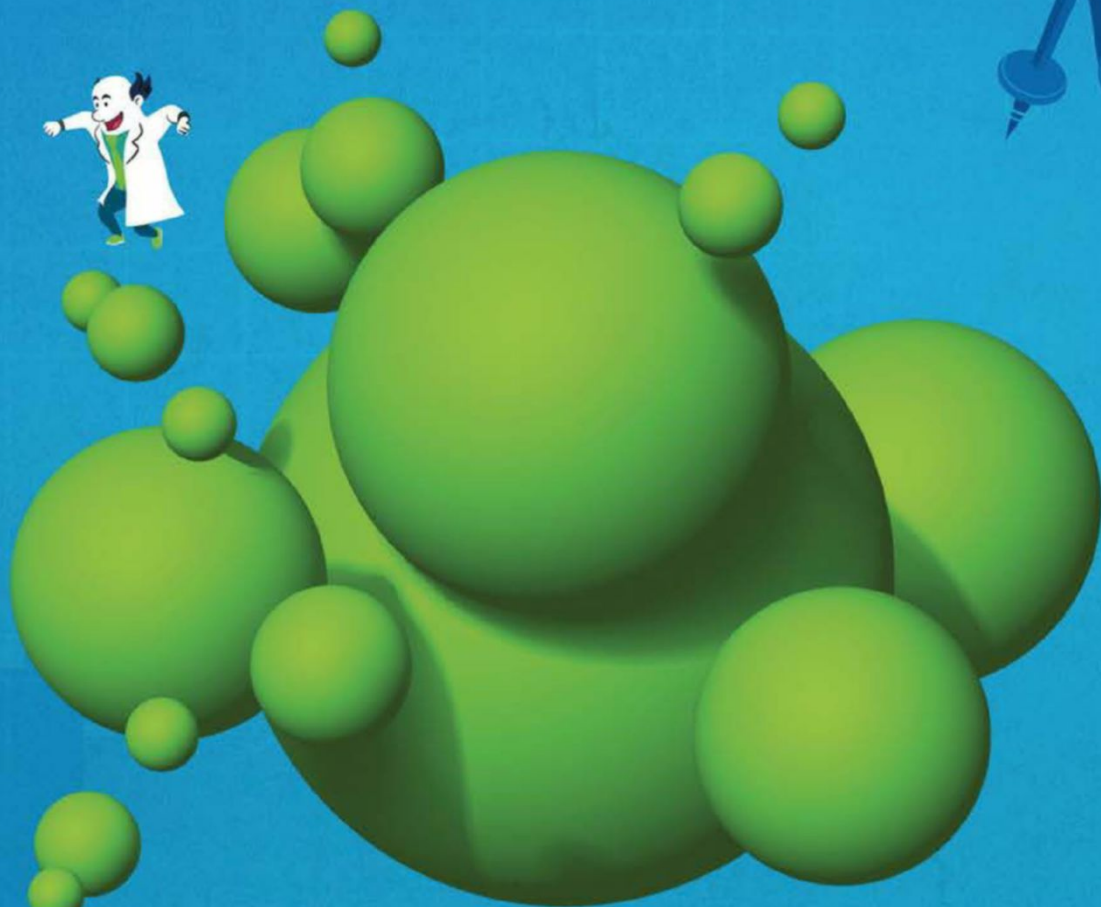
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SUMMER SHOE GUIDE



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**BY RYAN SCOTT, JONATHAN BEVERLY, DR MARTYN SHORTEN
& WARREN GREENEN**



WAVES OF CHANGE

The shoe crop of 2016 is all about feel, cushioning and bounce. Finding your perfect pair has never been easier.

By Ryan Scott

WHAT TO EXPECT

- Minimalism is yesterday's news.
- The future is better connection to cushioning, more bounce, and greater durability.
- Wearable tech will become part of both the shoe and the foot, and will link to your smartphone or wrist measuring device.

MORE COMFORT

If you lift the sock liner out of your shoe, you'll see that the upper is stitched to a flat piece of fabric, which is glued to the sole. Called a 'strobel board', it's a big improvement, compared to the rigid, cardboard-like boards that used to bind the upper to the sole. But in order to hold the upper securely, when it's being stretched over the last (a 3D, foot-shaped mould) during construction, the strobel must be made of a robust, non-stretch material. After it's saturated in glue, this fabric layer blocks some of the feel of the high-tech, squishy and bouncy material that makes up the midsole.

So Pearl Izumi has minimised the impact of the strobel, by making it thinner and more flexible. Runners feel they can connect to the smooth-rolling eMotion soles. adidas has cut holes in it, and included an under-the-heel bone, so you can feel the cushioned bounce of the Boost

material underneath.

In the past, companies like Nike and New Balance either inserted foam between layers of fabric in the strobel, or made the board itself out of a strip of foam. But now, some companies are actually building a midsole over the strobel. Saucony, for example, has layered 3mm of their new Everun foam on top of the strobel, to ensure you can feel its lively, force-dispersing properties.

BOTTOM LINE: Shoes will get more comfortable, and provide smoother cushioning.

BETTER BOUNCE

We used to think of shoes as either cushioned, providing comfort; or firm, giving a fast, responsive ride. Lately, companies have been promising cushioned shoes that offer responsive, bouncy cushioning, as well as those with soft, coddling rides.

adidas defined this new bouncy category with their Boost, and has now inserted the game-changing material in all of their styles.

While these materials don't actually add energy to the propulsion of your stride, they may provide savings in the energy cost of landing and taking off, making you more efficient (*adequate research has yet to prove this.* – Ed). But these midsoles do create a different sensation, one that many



It's about getting the cushioning and responsive balance right.

Nike Lunar Tempo 2 212g



runners appreciate.

Saucony – another company competing in this category – has introduced Everun foam, a new compound that doesn't sink like traditional foams. It disperses forces and provides energy return, speeding up your stride. You'll find it in their award-winning Triumph ISO (see p54) and Hurricane ISO, both in a full-length layer directly under the foot and inserted in the midsole on the outside of the heel, where most people have the highest landing forces.

New Balance is also touting a 'bouncier' midsole compound in their

Vazee Breath. Puma has expanded its Ignite line, with full-length, rubbery midsoles that have excellent flex and cushion scores, and deliver bouncy-ball-like rebound.

Brooks has revealed a new categorisation of its shoe lines, based on nuances of feel, be that 'Cushion me', 'Connect me', 'Energise me', or 'Propel me'. Their new shoe, the Neuro, is designed to epitomise the 'Propel me' fast, bouncy feel. Brooks have created a snappy ride, by encircling foam-cushioning material in rubber rings that limit compression and enhance bounce-back.

Under
Armour
Charged
Bandit
289g

Under Armour
shoes are now
available in
South Africa.

Rubber has
found its way
into more of
the sole.

Altra
Impulse
244g

HOKA, the max-cushioning king (still not available in South Africa) has also given a nod to turnover, by making the midsole in its new, closer-to-the-ground models softer in the heel, and firmer in the forefoot, to enhance responsiveness.

BOTTOM LINE: A variety of shoe feels to suit individual preferences. A wealth of options for those who like a snappy, quick-turnover ride, and also like to be cushioned from the road.

BETTER DURABILITY

Remember when shoes had thin strips of rubber over exposed midsoles? With oil prices low, and a renewed emphasis on traction and durability,

we're seeing more rubber and high-quality compounds. Nearly every company either has its 'proprietary' rubber – a synthetic blend that promises to grip the road or trail, and/or wear longer – or they're partnering with a high-end rubber manufacturer, like Vibram or Continental.

Road shoes feature substantial rubber triangles, and wavy patterns that harken back to the 70s.

Nowhere is this trend more apparent than in trail shoes. adidas, The North Face, Merrell and Salomon are showing off shoes with quarter-inch-deep rubber lugs, for aggressive trail and mud running.

Saucony has put its grippy Powertrak outsole, first seen in the Nomad, on the popular Peregrine. And Skechers has replaced the small

circles of rubber on their notoriously quick-wearing Ultra Trail with a full-length carbon-rubber sole.

BOTTOM LINE: Better durability, and more traction on road and trail.

SMART SHOES

If you want to learn more about your stride, you could visit a clinic equipped with pressure-sensitive treadmills that tell you how you land, where you generate peak forces, and other useful measures. Then, a coach could suggest what you need to change to run more efficiently, based on measurements revealed by the high-tech treadmill.


Sadly, those options are often

reserved for elites, or those rich enough to afford them; and even these measurements won't give you the full picture.

Altra Running is trying to fix that. Their upcoming shoe, the Altra IQ, measures stride, and coaches you to run with better form.

Golden Harper, the shoe company's founder, says the shoe "not only helps you run better, through its geometry, but is like a coach-in-a-box, improving your form".

The technology that makes the IQ possible comes from Altra's parent company, Icon Health & Fitness, which designs and builds fitness equipment.

BOTTOM LINE: More feedback means more improvement to your running. 

SPRING IN YOUR STEP?

New foams promise to energise your run. But can a shoe really put more power in your stride?

By Ryan Scott

NOT A POWER SOURCE

While the ads may imply it, no material can actually *produce* energy to propel you down the road. These foams simply can't contradict the law of conservation of energy: one of the fundamental laws of physics, which states that no system creates or destroys energy – energy can only be transformed. Any energy being returned from the shoe must have first been put in, by your stride.

Dr Martyn Shorten, biomechanics expert and head of the *Runner's World* Shoe Lab, uses a device that compresses the soles of shoes, and then measures the percentage of the input energy that is recovered during rebound. A shoe that returns all of the energy scores 100 per cent. Most shoes with traditional EVA foam tend to fall between the 50th and 60th percentiles. The best new foams are returning 70+ per cent of the energy.

That still leaves 30 per cent of the energy to sink into the shoe – it's lost to heat. So don't expect any superhuman propulsion pushing you along.

And shoe companies agree that you shouldn't expect this. "Nothing I've seen has a positive return of energy," says Chris Brewer, running category director for adidas.

Spencer White, vice president of Saucony's Human Performance & Innovation Lab, adds: "We're not going to claim that shoes with Everun will reduce your cost of running."

Puma makes it clear that the 'more' in its 'more energy out' is comparative; they mean you'll get more out of their foam than other

foams, not more energy out of it than you put in.

APPLIED ENERGY

What the materials *do* accomplish is to reduce the amount of energy that's lost by the shoe. And that's good – nobody wants to waste energy with each stride. But does it make you a better runner? Maybe. Two factors to consider are scale and timing.


Shorten points out that the energy and recovery forces coming from the muscles and tendons in your legs during running are more than 10 times those that occur in the shoe. Since all shoes return *some* energy, the difference in energy return between the best and worst shoes represents at most one per cent of the energy of your stride. To a runner, one per cent of time or effort is worth gaining; but you'll only see these gains if *all* the energy that comes back from the shoe is translated directly into making you faster.

Shorten also explains that timing and frequency are different for every runner's weight, stride, and speed. "Energy return is not a property of a shoe, or

THE ADVERTISING IS COMPELLING. adidas claims its Boost midsole will 'keep every step charged, with an endless supply of light, fast energy'. Puma's IGNITE foam promises 'energy in. More energy out'. Saucony says its new Everun foam will give you 'increased energy return', and 'a lively underfoot sensation'. Unsurprisingly, other companies are clamouring to join the energy-return movement. Their customers also want running shoes that not only protect their feet, but give them energy too. But before you shell out the big bucks for a new pair of running shoes, take a moment to consider the difference between what's implied in advertising, and what 'energy return' actually means.

of a material," Shorten says. "It's an outcome that depends on the forces applied."

What feels right for one runner may swallow the stride of another. "It's a matter of how your body works, not just how the shoe works," White says. The more finely-tuned you make the energy return, the narrower the range of runners it will work well for – further reducing the chance of it matching *you* perfectly, and reducing your energy expenditure.

BOTTOM LINE Getting propulsion from 'endless energy' is science fiction, and not something you should expect from a running shoe. New foams provide an enjoyable, bouncy feeling that can make you *feel* energised, if they match your stride dynamics. This 'energy' comes from the unique sensation achieved by combining the softness of a cushioned shoe with the powerful, quick turnover of a responsive one. 

New foams have made energy return more efficient.



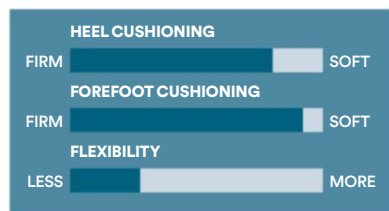


Asics Gel-Kayano 22 R2 300

If you've enjoyed the Kayano's ultra-plush, moderately stable ride before, number 22 shouldn't disappoint. Updates to the upper include a new, engineered mesh that requires fewer overlays and is reinforced with internal, flexible plastic straps that hold the foot more securely on the arch side. The women's version isn't just smaller, it's made on a different last that allows for more heel cushioning and a higher heel-toe drop. Some wear testers found the toebox a bit narrow.

328g

Totalsports

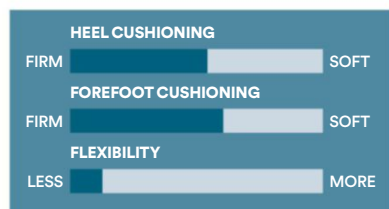


adidas Supernova Sequence Boost 8m R1 799

The Supernova Sequence delivers serious stability that doesn't feel clunky. A slab of bouncy Boost foam provides cushioning, while firmer foam on top of the midsole and under the arch serves as a supportive platform. The upper also holds the midfoot securely, with more substantial overlays than in most current shoes.

323g

adidas Concept Stores

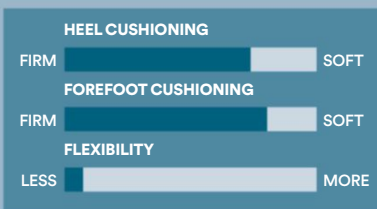


BROOKS GLYCERIN 13 R2 399

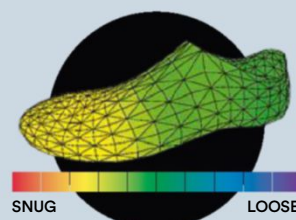
Brooks made a good shoe great with this update to its premier neutral-cushioning model. With no reduction in cushioning, Brooks deepened the grooves in the midsole, significantly improving the flexibility – it tied for the easiest to bend in this guide – and creating a shoe that cuddles while delivering high performance. “Overall, it provided both comfort and support,” said Joe Brown, from Bedfordview. “Usually comfort shoes are too squishy.” The unique upper won unanimous praise. It stretches and moulds around your foot, letting it flex where it wants to, with printed overlays and a more substantial mid-foot wrap providing support where needed.

312g

The Sweat Shop



HOW IT FITS: Scans from Shoefitr, a company that makes 3-D images showing how a shoe fits relative to the average shoe, reveal that the Glycerin has a generous heel, but a toe-hugging fit up front. That fit didn't bind any testers, however, even those with bunions, due to the give of the stretchy fabric. “I specifically liked the toebox and the elastic-like material that stretches as your toes move,” said tester Tim Dalton, from Irene.



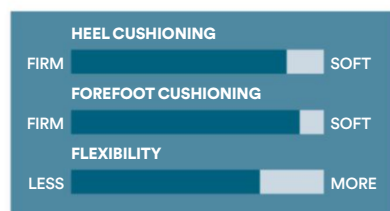


Asics GT 2000 4 R1 900

What the DS Trainer does for fast runners, the GT 2000 does for the everyday runner – extra comfort, only with a little less zip. The addition of an adapted gel-cushioning system, from rear to front – together with the unchanged FluidRide midsole design, which sandwiches the Asics trademark Gel between layers of soft foam – means it weighs less, without compromising on cushioning. The change from a 7.7mm heel-to-forefoot drop to 10mm is better for heel strikers. For a shoe that gives such great stability at an impressively light weight, the GT 2000 deserves more attention from those looking for high-mileage comfort.

311g

Sportsmans Warehouse

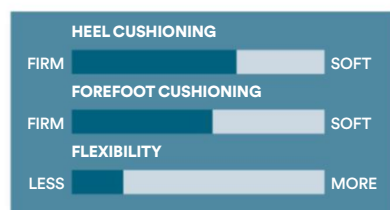


Brooks Ghost 8 R2 099

Five of the previous seven editions have won awards, and Brooks wisely didn't change much in this update. The upper has a new engineered mesh, making it supportive in some areas and softer in others – like in the 'bunion window' alongside the ball of your foot. The crash pad has been extended along the full length of the outside of the foot to provide a smooth transition as the foot rolls forward. Our lab measured a reduction in flexibility, but testers noted that flexibility improved when the shoes had a few kilometres on them. The cushioning reduces shock, but still gives a stable and responsive ride.

309g

Sportsmans Warehouse

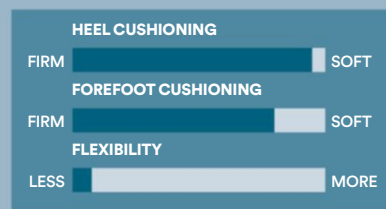


MIZUNO WAVE ENIGMA 5 R2 299

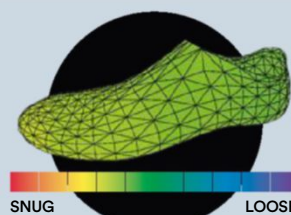
In this remake of its luxury model, Mizuno's traditional Wave plate – a plastic insert in the midsole – has been split into a springy U-shape in the forefoot, so that it supports the edges, but doesn't interfere with cushioning or flex. The foam under that plate is softer than ever, nearly topping the cushioning scores. The upper is also new, a well-padded mesh (particularly around the ankle) with supportive overlays in the midfoot, and an open toebox. It's a lot of shoe underfoot, yet the 12.5mm of heel-toe drop and action of the Wave plate create a faster-rolling ride than others. With similar cushioning and stability features, it's heel-striker heaven.

312g

The Sweat Shop



HOW IT FITS: Scans from ShoeFit reveal that the Enigma has no tight spots, with a roomy fit in the heel that gets slightly more snug through the mid-foot and toe. This confirms testing that found it 'true to size'.



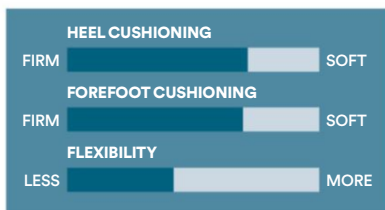


adidas Supernova Glide Boost 7 R1 699

adidas didn't mess too much with this update, and we're glad. Manufacturers tend to over-engineer successive versions, which can lead to iterations that are a step backwards. The Glide 6 won an Editor's Choice award, and the Glide 7 impresses here too, because of its great ride and superlative feel. "The soft, durable Boost foam made for a supple feel underfoot, which gave life to my tired legs," says tester Brian Dalek, from Walmer. On the midfoot, welds replace stitching on the upper to reduce potential irritation, and on the women's shoe, a stretchier mesh accommodates wider feet.

306g

adidas Concept Stores

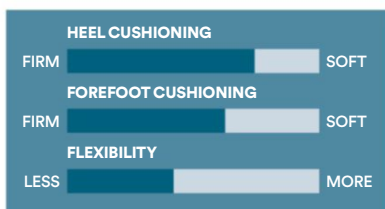


Puma Ignite Ultimate R2 199

This is a simple shoe that highlights Puma's new Ignite foam material. Underfoot, the midsole is made from the bouncy polyurethane compound that matches adidas' Boost foam in energy-return scores. This version has a slightly thicker midsole than the debut Ignite model, released last February. The result is more cushioning, but the ride is still more responsive than plush. The upper is highly visible, for darker runs.

303g

Puma Stores



Changes
kept to a
minimum

For the larger
competitive
runner

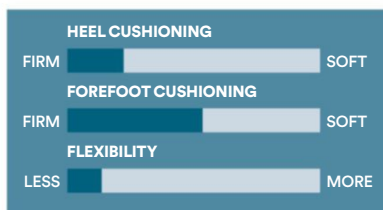


Brooks Adrenaline GTS 16 R2 199

You don't fix what isn't broken, and the Adrenaline has worked well for 15 iterations, winning multiple awards and a loyal following. Brooks focused on refining the upper this time around, changing the location of the overlays to hug better around the arch and open up the toebox. "The upper is much more comfortable," said Christopher Garrett, from Tokai, who has worn multiple GTS versions.

314g

Sportsmans Warehouse

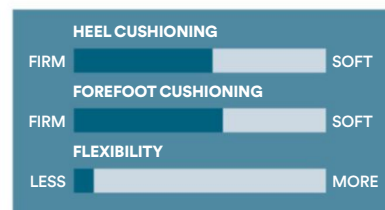


New Balance 860 V6 R1 900

Runners looking for a lot of support were the most appreciative of the stable 860 v6. "For me, being on the larger side for a competitive runner, the shoe is a perfect balance: it offers support, yet is lightweight and durable," said Jason Werner Bok, from Knysna. Three densities of foam in the midsole, a plastic bridge under the arch, and a wide, flared-out sole help control feet that want to roll inwards.

312g

New Balance Stores



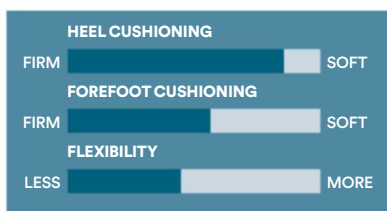


Under Armour Gemini 2 Speedform R2 299

Another new brand we've been waiting patiently for in South Africa. When testers first got to run in these shoes, they did not disappoint. The cushioning and responsive mix gives the shoe appeal to a much wider fan base than those just looking for 'speed', as the name suggests. A seamless heel cup and the ArmourVent mesh (made in a lingerie factory) give a definite soft feel, but there's still secure enough lockdown on the midfoot for testers to feel in control. The 8mm drop from heel to toe is about as low as conventional running shoes go, and testers reported a smooth, soft ride overall.

275g

The Sweat Shop

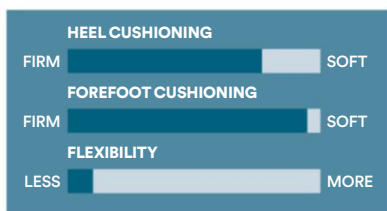


Altra Paradigm 1.5 R1 899

Altra have put subtle stability in this max-cushioning model, by making the sole wider on the arch side of the shoe and extending it up to wrap the inside of the heel. Testers noted the stable feel and reported that the ride was firm and responsive, despite ample cushioning. Our lab confirmed high energy return (bounce-back ability) from the compression-resistant foam, which puts it in the flyweight category: maximum cushioning without sacrificing stability.

264g

www.altrafootwear.co.za



SAUCONY TRIUMPH ISO2 R2 350

The designers at Saucony didn't rest on their laurels after the Triumph ISO won one of our Editor's Choice awards. In this update, they've improved the adaptability of the Isofit upper, and added liveliness to the ride. A thin layer of Saucony's new, bouncy Everun material lies beneath the insole, while a larger chunk was inserted into the sole under the heel. Our lab confirmed its effectiveness, as the new material

has raised the shoe's bounce-back scores from a little above average to among the top 10 per cent of the shoes we've tested. "A combination of softer cushioning and high energy return is not easy to accomplish," said Dr Martyn Shorten, head of our Shoe Lab.

294g

The Sweat Shop



TESTER'S TAKE

NAME: Kevin Rutherford
AGE: 45
HEIGHT: 1.8m
WEIGHT: 82 kg
KILOMETRES PER WEEK: 40
HOME: Pretoria
OCCUPATION: Police Officer



"I was a little wary of trying this shoe, as I usually opt for a motion-control or stability shoe, but it was without a doubt the most comfortable and best-fitting shoe I have worn in years. The upper wrapped my foot well with no points of rubbing, from the snug heel to the toebox."

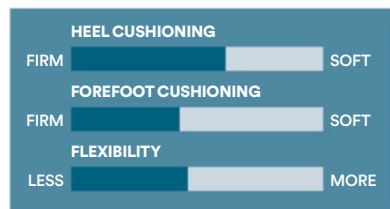


Mizuno Wave Sayonara 3 R1 899

Sayonara lovers, take note: this is not the same low-profile, fast-feel, lightweight shoe. Mizuno has remade the Sayonara as a neutral-cushioned shoe, with more material underfoot and a softer feel. Those who knew and liked the original Sayonara found the ride changed beyond recognition. Minus the expectations, newcomers found more to like in an update that remains light.

258g

The Sweat Shop

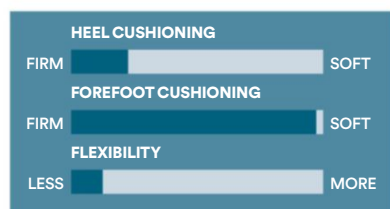


Altra Torin 2.0 R1 799

The Torin's soft forefoot lets the ball of your foot sink in to the shoe, creating a more mainstream ride than expected from the zero-drop midsole (constructed with the heel the same height as the toe). This version has an even wider, more squared-off toebox than previous versions, giving your little piggies more breathing room. Most testers praised the roominess, while some found that it made for a sloppy fit.

255g

www.altrafootwear.co.za



PEARL IZUMI ROAD N1 R1 895

Testers couldn't decide if the shoe was best for minimalist runners, or for those in search of cushioning. We decided it's a bit of both. The ample cushioning, and lightweight and simple design, will suit many runners who've enjoyed shoes like the Newton Gravity and the Asics Gel-Lyte33. A 22mm heel means there's ample Cushlon

LT cushioning, while the 18mm forefoot also makes for generous amounts of cushioning and leaves you with a 4mm profile drop. This low drop, together with a TPU shank under the midfoot, contributes to a snappy toe-off.

244g

outpostrunning.co.za

TESTER'S TAKE

NAME: Kevin Davis
AGE: 25
HEIGHT: 1.8m
WEIGHT: 72kg
KILOMETRES PER WEEK: 34
HOME: Cape Town
OCCUPATION: Student



"I often hate training on asphalt because my ankles take a beating, but this shoe felt amazing and made me look forward to running on the road. I don't like the feeling of other maximal-cushioning shoes – but this ride was so smooth."



Brand-new
in SA

Includes
extra
infusion
of bouncy
foam

Happy 21st
anniversary!

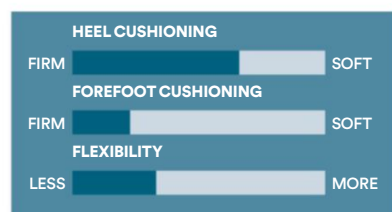


Under Armour Charged Bandit R1 999

This light stability model from Under Armour gives a unique ride from a thick, stable heel and a low, firm, flexible forefoot. Higher-density foam and a long plastic arch under the inside of the heel keep the ankle from rolling inwards, while a layer of bouncier foam on the outside of the heel and under the forefoot provides energy return. Testers said the smooth seamless overlays of the mesh upper added structure, but they had mixed reactions to the low, padded ankle wrap, as some found it too tight on their Achilles. They felt it was best suited to shorter, faster runs, due to the firmness of the ride. Speedy technology, for those who want a fast but stable model.

289g

Athlete's Foot

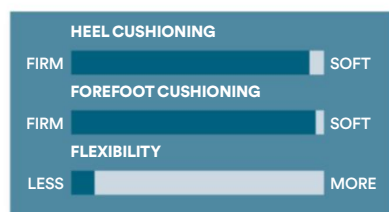


Saucony Guide 9 R2 000

The Guide gets its name from the long wedge of firmer material under the arch, intended to guide the foot from touch-down to toe-off. This update received an infusion of bouncy foam on the top of the midsole for a strong improvement in bounce-back properties. "The best feature for me was great cushioning without being squishy, and nice support," said Meghan Hogan, from Randburg.

283g

Sportsmans Warehouse

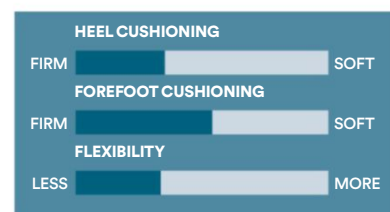


Asics DS Trainer 21 R1 850

On the 21st anniversary of the DS Trainer, we can report a lighter shoe with more technology than ever before. The shoe is constantly improving, to create the fastest, smoothest transition through the stride. This iteration now has a widened Propulsion TRUSSTIC element in the midfoot, compared to that of the DS Trainer version 20, and a repositioned flex groove in the heel with a redesigned outsole. The seamless upper construction contributes to it weighing 15 grams less. Sadly, although the shoe is still an incredible ride, testers who've been along for the full journey don't feel it's any better than it was 10 years ago.

260g

The Sweat Shop



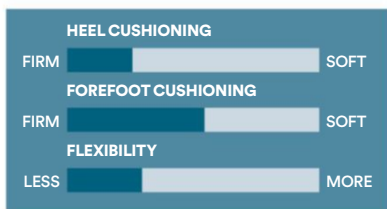


Altra Impulse R1 749

At the heart of Altra's new Impulse is the 'varus wedge', a method of controlling excess foot motion by building the entire arch side of the sole thicker than the outside. Testers liked the cushioning and support from such a light shoe. "I didn't need to put my inserts in this shoe," said Janice Spalding, from Hermanus. "It already provided cushioning and arch support."

244g

www.altrafootwear.co.za

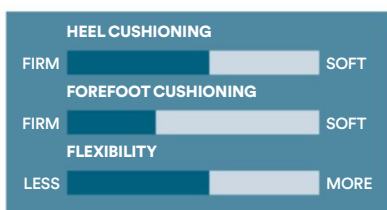


Salomon Sonic Pro R2 199

It's official: Salomon makes road shoes. We use the word 'official' because previous versions have been masked under the banner of 'road-to-trail'. But the Sonic follows the S-LAB X series as a fully-fledged road-running shoe. The shoe is a lightweight, high-cadence option, featuring a tight wrap from Sensifit technology situated at the upper, around the sides of the laces, and on an internal sleeve and quick-lace system – which is normally found on trail shoes. The midsole has two different segments that are lightweight and responsive, to create an all-new smooth-ride system not experienced in Salomon trail shoes.

240g

Salomon Stores



NEW BALANCE VAZEE PACE R2 200

The Vazee Pace – another award-winning lightweight trainer – continues New Balance's transition from 'shoes for chubby white guys' to being a leader in the fast, performance category. Similar in shape to the Fresh Foam Zante, with a high arch and strong upturn in the toe, the Vazee Pace uses a different midsole material – Revlite – to provide a firmer, bouncier ride. The outsole is split into multiple pads, with durable carbon rubber under the heel and toe, and responsive blown rubber under the ball. The upper, a simple mesh with thin welded overlays for support, holds the foot nicely without binding anywhere. Testers praised the balance between weight and cushioning.

230g

New Balance Stores

TESTER'S TAKE

NAME: Tim Becker

AGE: 44

HEIGHT: 1.8m

WEIGHT: 69kg

KAYS PER WEEK: 70

OCCUPATION: Health and Human Services



"The Vazee Pace has the weight of a racing flat combined with the durability of a long-run trainer. Very comfortable ride with surprisingly ample cushioning. This shoe is built for speed and built to last, showing little wear after more than 300 kays."



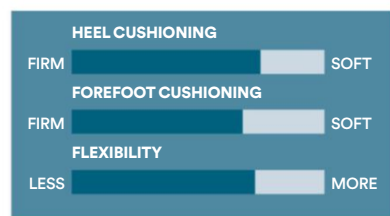


Nike Lunar Tempo 2

Nike's premium option, for high mileage at high speed, is big on cushioning and low on weight. The ample heel cushioning and uncomplicated roomy forefoot are perfect for long distances. The upper really feels like it's part of the overall design, and contributes to the easy transition through the strike when the pace is upped during the later stages of a long run. This is largely due to the one-piece upper, which boasts individual knit patterns for specific areas. Together with Flywire-cord lacing, it pulls everything in closely around the foot, for a comfortable fit.

212g

Available early 2016

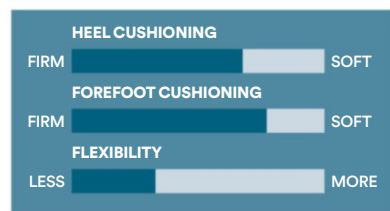


Puma Speed 300 Ignite R1 499

The fastest of Puma's performance training or racing shoes is the 300. The Ignite cushioning gives a little extra back from every footfall, and testers have been using these shoes for the best part of a year. The results show an impressive longevity to this new, non-EVA foam, which has made its way into a wider range of Puma running shoes. Ever since the first 300, the shoe has competed with the best in the toe-off phase of the stride – helped by the injected blown rubber on the outsole, which gives the lightest contact to the ground, yet sure grip underfoot.

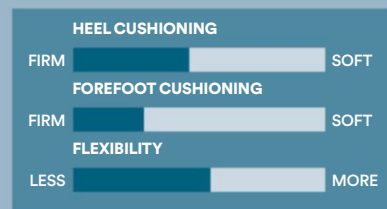
188g

Puma Stores



ADIDAS ADIZERO BOSTON BOOST 5 R1 699

What do women want? That's the question adidas designers set out to answer before they created the women's update to the Boston Boost 5 (the men's model remains unchanged). They discovered that women, like men, want performance – but they also want shoes that have great fit and make their feet look beautiful. So adidas removed the aggressive toecap and forefoot overlays, and replaced the see-through fabric with a textile-feel, engineered mesh that supports in some areas and stretches in others. The result is a shoe with sleek lines that fits better and makes your feet look smaller: tighter around the heel and arch, wider and more forgiving at the ball of your foot. Testers loved it.



Testers loved it.

238g

adidas Concept Stores

TESTER'S TAKE

NAME: Kate Wilson
AGE: 58
HEIGHT: 1.65m
WEIGHT: 59kg
KILOMETRES PER WEEK: 35
HOME: Pietermaritzburg
OCCUPATION: Musician



"My first impression was that there wasn't much to the shoe. But I have to say, I really like it. It is lightweight and comfortable. I like the breathability of the mesh upper and the fit: there is enough room in the toebox, yet the midfoot and heel snug up the foot. And it looks good."

One shoe to rule them all: the NB 1500 V2 stood out as the best of 2015.

EDITORS'
RUNNER'S
CHOICE

BEST SHOES IN THE WORLD

Eighteen Runner's World Gear Editors from around the world were asked to choose their shoes of the year. These are the winners.

By Ryan Scott

EDITORS'
CHOICE



NEW BALANCE 1500 V2

SUMMARY: The New Balance 1500 V2 excels, offering a light, responsive ride combined with the support of a dual-density midsole and a plastic bridge under the arch. Testers loved the 'Goldilocks' cushioning and improved fit.

BEST
DEBUT



Nike Air Zoom Odyssey

SUMMARY: The Odyssey is a new premium-stability shoe from Nike. A three-density, segmented midsole supports the entire arch side. An engineered, breathable mesh upper locks the foot down. Testers appreciated the smooth, light ride it provides, without sacrificing control.

BEST
UPDATE



Brooks Glycerin 13

SUMMARY: Brooks deepened the grooves in the midsole and significantly improved the flexibility, yet this shoe lost no cushioning. The Glycerin 13 is a shoe that coddles, yet delivers high performance.

BEST
BUY



Brooks Launch 2

SUMMARY: Updating the popular 2009 model, Brooks improved the groove under the heel to adapt to any landing style, added more cushioning in the forefoot, and retooled the upper with modern materials.

UNDER R1K

When it comes to buying running shoes, price can be a demotivating factor. We've found three pairs at Totalsports that'll give you bang for your buck.

By Ryan Scott

THE IMMEDIATE UPSHOT of lower-priced shoes, inevitably, is that they're lighter. Fewer technology inserts mean the price is kept down, which usually results in a simple, lightweight shoe that will suit a neutral runner who can do without having their feet pampered by a maximum-comfort shoe.



No Boost. It keeps the price down.

1/ ADIDAS DURAMO 7 R899

The feeling you'll get from the Duramo is that it's a shoe built for style – but as a by-product, you get a good-quality running shoe too. Weighing just 246g, the Duramo does look good, and thankfully it performs admirably too. There's no dimpled Boost foam in sight – rather, full-length adiPrene cushioning and a flexible, grooved outsole, for adequate comfort and grip.

2/ ASICS GEL ZARACA 3 R999

It's very basic, but even with the simplest of designs, Asics is a running-shoe powerhouse that can't help but create a speedy shoe, capable of achieving the same goals as more expensive options like the pricey Asics Gel Excel 33. The fit is comfortable, and the weight (210g) is unnoticeable – which is ideal if you want to run fast.

3/ NIKE FLEX R999

The full-length flex grooves and general bendability remind us of the Nike Free. The first version of the Free was also under R1 000, before it became so popular, Nike had to... increase the price. The lightweight, highly breathable Flex is good for five-kay distances, and other light running.

Similar to the Nike Free, but kinder to your wallet.

All three shoes have great step-in comfort, but the lack of Boost, Lunaron and Gel means their cushioning lacks the durability and longevity of more expensive options. But you could always buy two for the price of one!

1 / STANCE FUSION RUN R150

A new pair of socks can freshen up more than just smelly running feet. Add a funky design (as opposed to a funky smell) to your running wardrobe, and you'll feel invigorated every time you pull your socks up. Technically speaking, Stance has created an anatomically-correct foot bed, which is lightly-cushioned and moisture-wicking – and the over-the-calf styles include graduated compression. *The Athletes Foot*



2 / GRIFFON LIGHTRUNNER R750

Designed to house smartphones – dimensions suit the iPhone 6 (up to 4.7 inches/11.9cm) – the neoprene/rubber combination moulds itself to your arm, for an optimal fit. Flashing LEDs in the casing (with three settings) improve your visibility in low light. *Digicape*

Want to be seen on the road? Flashing LEDs will make all the difference.

3 / QDOS OPTIGUARD R360

Safety-wise, running with your phone is a non-negotiable – but sweaty fingers and a delicate glass casing hardly make for ease of use. That's why a high-quality screen protector is advisable. The OptiGuard is made from tempered, 0.3mm-thick glass. The finish is classy, it's rigid, scratch-resistant and won't crack easily, and it repels fingerprints and oily residue.

iStore



ASK THE GEAR GUY
Ryan Scott

Which socks are best for runners?

– JOHN, Durban

Choosing inappropriate socks can actually result in a painful running experience, so there are a few things to look out for.

If the label on the socks sold at your local running shop entices you with the promise of 'maximum comfort', that isn't always a good thing. Choosing a thick sock, with billowing cushioning, is one luxury you need to avoid.

On the other end of the scale, secret-sock designs can also turn against you: the problem is that inevitably the very low heel slips down, and either catches at an awkward position on your heel, or slides right down to scrunch up under the arch of your foot.

Luckily there are safe options available, which are

"Luckily, there are safe options available..."

anatomically designed, some specifically for left and right feet. The fabric used has been chosen to decrease the likelihood of blisters, and the socks wick sweat away from the foot (see 'Stance' socks, *opposite*).

Another option is the knee-high sock. These are normally compression socks, which help to maximise blood circulation as well as rehabilitate injury. Over-the-calf options can be used as per normal socks, with no special considerations, and also help in very cold conditions.

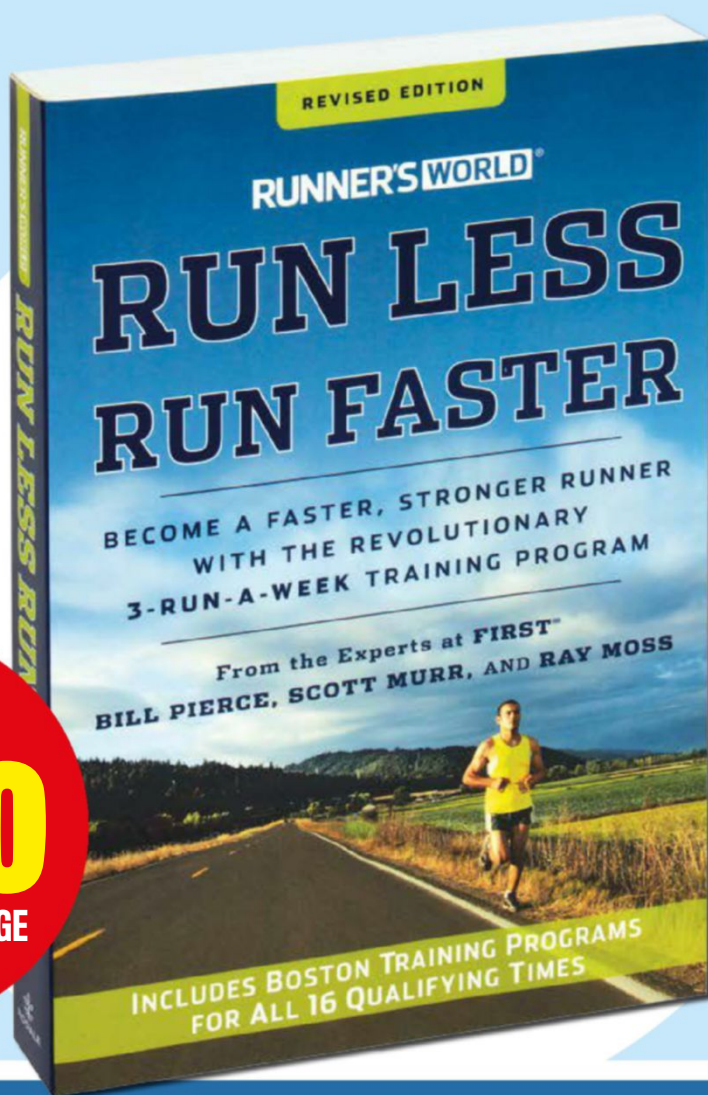
RW Gear Editor Ryan Scott is comfortable running on the road and mountain trails alike, and is seldom seen wearing the same pair of shoes twice.

BECOME A FASTER, STRONGER RUNNER

WITH THE REVOLUTIONARY 3-RUN-A-WEEK
TRAINING PROGRAMME!

This new edition of **Run Less, Run Faster** continues to promise the same tantalising results: readers can get stronger, faster, and better by training *less*. The quality-over-quantity approach optimises training time and yields better performance – results runners will love, no matter what distance they're racing.

FOR ONLY
R140
EXCLUDING POSTAGE



PHOTOGRAPH BY 777

Go to **FitShop.co.za** and click on *Runner's World*

A woman with brown hair tied back, wearing a bright green sports bra and patterned leggings, is crouching on a paved surface. She is smiling and looking towards the camera while tying her colorful running shoes. The background consists of green horizontal slats.

Cover model
Jamie Lee Aldous
started her
running journey
in 2010.

NEW YEAR NEW YOU!

20

WAYS TO MAKE
2016 YOUR
**ULTIMATE
RUNNING
YEAR**

BY KELLY BASTONE



BROADEN YOUR HORIZONS

Use a day off to log a long(ish) run on a favourite route or distant trail you don't often get to visit.



2

New? Start Running, Now!

Kick-start your running career with the *Runner's World 28 Days: Zero To Runner In Four Weeks* training programme. You'll get a weekly newsletter with your training for the next seven days, plus great nutrition snippets, training tips and motivation. Go to runnersworld.co.za/28days



BRAVE THE COLD

Whether 'cold' for you is 15 degrees or 5, proper apparel makes it tolerable – even fun. Here's how to gear up to run in low temps.

15°C Shorts and a wool long-sleeve
10°C Add light gloves and a headband to cover ears

8°C Gloves and headband, plus tights and a long-sleeve wool crewneck worn over a tech tee
5°C As above, but add any of: windproof mittens (grouping fingers together keeps them warmer), a warm hat, windproof undies, and a light jacket

0°C As above, with a balaclava over your chin (Don't cover your mouth and nose, because the exhalation freezes and creates an icy crust.)
Below 0°C According to studies conducted by Dr John W. Castellani, an exercise physiologist at the Army Research Institute of Environmental Medicine in the US, outdoor exercise is safe at even these temperatures – as long as you guard against frostbite. Stay comfy by wearing tights (with a windproof front and breathable back), and on windy days, cover exposed parts of your face with Vaseline.

▼ 15°C



▼ 5°C



▼ Below 0°C



Warm Up

When your muscles are cold, they contract, which puts you at risk for calf and hamstring injuries in winter if you run without warming up, says *Running Strong* co-author Dr Jordan Metzl. Make this pre-run indoor routine a habit: do **30 seconds of jumping jacks**, one minute of walking lunges, and one minute of inchworms.

5

Salute a Legend

2016 marks the 20th anniversary of Josiah Thugwane's famous victory at

the 1996 Olympic Games. Thugwane's win was one of the greatest athletic achievements in South African sports history. Be inspired by this humble man at runnersworld.co.za/thugwane.

STILL PHOTOGRAPHS BY MATT RAINEY; DANNY ZAPALAC (NEW)



7

Lose Weight and Dodge Colds

Some carbs can actually help you shed kilograms. **Resistant starch** is an undigestible fibre found in **potatoes, grains, and beans** (particularly after those cooked foods have cooled) that promotes weight loss by filling you up, shutting down hunger hormones, and foiling your body's attempts to turn it into sugar. Unlike other carbs, which get turned into body fat when we eat them in excess, resistant starch passes on through.

It may also reduce cancer risk and boost your immune system, says registered dietician Christine Gerbstadt. Her favourite sources? Nuts and roasted chickpeas, which make great snacks. Just don't eat them before or during a run – like other fibrous foods, they can wreak GI havoc during exercise.

Find Kastor's scrumptious pizza recipe at runnersworld.co.za/deenapizza

6

CARBO-LOAD ON PIZZA LIKE...



← **...BILL RODGERS**, the four-time Boston Marathon champion, who famously spooned mayonnaise onto his pizza. If you shudder at the thought of *that* eggy topping, try scrambled eggs, which provide ultra-absorbable protein and a big dose of memory-boosting choline.



← **...DEENA KASTOR**. The gourmand – and former world marathon silver medallist marathon and masters marathon record holder – planned to open a bakery until running became her career.



← **...DEAN KARNAZES**. Before he converted to a mostly Paleo diet, the ultramarathoner rolled up extra-large Hawaiian pizzas and gobbled them mid-run like koeksusters. Unless you've burned 37 656 kilojoules – Karnazes's daily tally during his multi-day relays – stick to a slice or two.



RUN YASSO 800s

17 December is the 61st birthday of *Runner's World's* Chief Running Officer Bart Yasso. Celebrate with his famously tough 10 x 800-metre workout.



9 SPRING FORWARD, HAPPILY

Don't let dark early mornings put you off running. Whether it's taking the kids to school or just everyday lack of time, many runners often skip training. But there's no reason you can't change your training to include lunch-time runs and teach your body to adapt to a new schedule, says Robert Oexman, a runner and the director of the Sleep to Live Institute. Besides, a lunch run breaks up a work day perfectly.



10 INVEST IN NEW SHOES

In spring, the days are growing longer and warmer. And the number of races is up with each successive weekend. In honour of spring's arrival, treat yourself to new running shoes. If you have a model you love, buy another pair – you'll probably be running lots in the not-too-hot-or-cold weather of the season. Find a lighter pair for racing or a cushy pair for serious mileage. Visit your local speciality running shoe shop to get fitted.

Reframe Your Resolution

Remember your New Year's resolution? In his research, psychologist Dr John Norcross found that three months after making a resolution, 50 per cent of resolvers had fallen off the wagon. But don't give up: he also found that **people who make resolutions are 10 times more likely to change their behaviour** than those who don't.

If you have a running or fitness resolution, stop thinking that you 'have to' work out, says Scott Douglas, co-author of *Meb for Mortals* (R306, takealot.com) and *Runner's World* digital senior editor. "That mindset can make running feel like just another obligation," he says. Instead, tell yourself that you 'get to' lace up for a run.

Run on Sand

Even if you've never seen *Chariots of Fire* – which recently turned 35 – you're probably familiar with the beach-running scene and its accompanying Academy Award-winning melody. If you can't grab your boombox and head to West Sands Beach in St. Andrews, Scotland, to re-enact the moment where it was filmed, simply seize any opportunity to run on sand. The lads in the movie ran barefoot, which strengthens the muscles in your feet and ankles without the impact stress you experience on firmer surfaces. Because it compresses underfoot, sand is a natural shock absorber, says University of Michigan (US) kinesiologist Dr Daniel P. Ferris. **Even with shoes on, running on sand takes 10 to 100 per cent more energy** (depending on how soft the sand is) than running on firm surfaces, and the extra effort builds strength and endurance. Start off on wet, packed sand, then progress to the softer stuff that works your calves the most. Once or twice a week is enough to see benefits without overworking your Achilles tendon and other connective tissues.

OPPOSITE PAGE: CLOTHING: SAUCONY JACKET, NEW BALANCE TOP, VIMMIA TIGHTS; PHOTOGRAPHS BY EWALD SADIE (GUSTY)





14

RUN IN A DOWNPOUR

A good rain shower brings the opportunity to act like a kid again, so wear an old pair of shoes and jump in every puddle if you're running short and easy. If the deluge is forecast for a long-mileage workout, coat your feet in anti-chafe balm or Vaseline pre-run and skip the splashing.

13

TAME THE LION

Running in gusty conditions preps you for blustery races and develops strength and stamina, says running coach Brendan Cournane. "Like running on hills or beaches, pushing against the wind is a resistance exercise that makes your legs work harder," he says. Most runners make the mistake of clenching their bodies and lowering their heads, like rugby players trying to push through a scrum. Instead, **stay relaxed and loose, bending forward not from the waist but from the ankles**, "like when you're running uphill," says Cournane. He recommends starting runs into the wind (when your muscles are fresh) and ending with a tailwind. With experience, you can reverse it: battling wind when you're already tired develops the kind of confidence and endurance you'll want on race day.





15

ENJOY A MEATLESS MONDAY

Super-fresh veggies (like those in markets now) don't need much prep to taste fabulous. Try Meatless Monday, an idea dating back to WWI's belt-tightening days that resurfaced in 2003 as a way to help battle the problems that result from an over-reliance on meat. Your running won't suffer. Here are a few veggie-based meal ideas to get you started:

- ▶ **Tortillas/Wraps** Fill with kale, avocado, hummus, cucumber, and sunflower seeds.
- ▶ **Couscous** Toss whole-wheat varieties (which require minimal cooking) with shaved Parmesan, dried cherries, chopped rocket, hard-boiled eggs, and white beans.
- ▶ **Courgette** Julienne them into 'noodles' and toss with shelled edamame, shoestring carrots, bell pepper, red cabbage, sesame seeds, and peanut sauce.

JOIN OUR MID-RUN SCAVENGER HUNT

Try to spot these things mid-run before the end of 2016:

- ❑ A rainbow
- ❑ An ice-cream van (bonus points if you chase it down and get a 99er)
- ❑ A shooting star
- ❑ A creature other than a dog on a leash (e.g. cat, dassie, small child)
- ❑ A TV camera crew
- ❑ A kite
- ❑ A hot-air balloon
- ❑ Someone's hat being blown off by the wind
- ❑ An animal that weighs more than you do
- ❑ A gravestone dating back to before the 1900s



PHOTOGRAPH BY ALI LEWIS (MUD RUN); ERIC PETERSON (RACE IN COSTUME); PHOTOGRAPHS BY MATT RAINEY / FOOD STYLING BY BARRET WASHBURN (TORTILLAS)

Find your obstacle or trail-running race at runnersworld.co.za/events

17

Hit the Dirt

Yes, there's a holiday for everything, and 29 June is International Mud Day. The World Forum created this one to unite people in a global celebration of the earth, and runners can experience the joys of revelling in mire by signing up for a muddy obstacle race, like the Impi Challenge. This race includes muddy, mucky obstacles. If obstacles aren't your thing, try a trail-running race. In the right conditions, you'll leave with speckled legs, crusty shoes, and a big grin on your face.



18

BRAVE THE HEAT

Yes, there is a point at which it's too hot to exercise outside: when the heat index (a measure of both temperature and humidity) hits 35°C, you'll get more training benefit indoors. But **running consistently in temps between 30°C and 35°C will yield big dividends come autumn.** That's because the extra plasma your body makes in the summer (to meet the dual demands of cooling and exercising) turbo-charges your runs once temps drop (because the blood that once went to temperature regulation

now fuels muscles). Here's how to endure the heat:

- **Apply sunscreen.** UV rays are up to four times stronger in summer than winter. SPF 50 is ideal, even if you're going out at dawn or dusk (which you should to avoid the hottest parts of the day).
- **Bring water.** Don't just drink it: splash some on your face and head to combat overheating.
- **Choose tree-shaded routes.** Not only are they cooler, but the leaves oxygenate the air, which helps alleviate heat-related sluggishness.

Train For Your First Ultra

Got a 30-K-and-up under your belt in 2015? It could be time to start training for your first ultra marathon. Find your perfect plan for the Two Oceans 56-K at runnersworld.co.za/ultra



20

RACE IN COSTUME

If overall and age-group wins tend to be out of your reach, ditching your normal running attire for a crazy costume can pay off: in the spirit of St Valentine, many February races offer prizes for best-dressed runners. Plus, getting dressed up is fun – as long as you can breathe and move your arms and legs freely.



BECOME A RUNNER IN 4 WEEKS

28DAYS

ZERO TO **RUNNER** IN FOUR WEEKS

JOIN THE PROGRAMME TODAY!

www.runnersworld.co.za/28days

RUNNER'S WORLD®

BEGINNER'S
SPECIAL

"CAN I ASK YOU SOMETHING?"

**Yes, please
do! If you've
got questions
before you
hit the road,
our experts
have all the
answers.**



BY LISA MARSHALL
ILLUSTRATIONS BY
DALE EDWIN MURRAY

IT'S RARE TO FIND a runner who doesn't want to talk about running. Everyone has a friend or co-worker who never misses a chance to discuss his latest race finish or his fancy new GPS watch. If you're just getting into running, perhaps you used to find this chatter boring. Maybe you still do. But for a new runner, that run geek is a valuable resource.

You'll have questions, and the best way to get them answered is to talk to a real, live runner. She'll be excited to see you taking up the sport, and you'll walk away with the information you need and a sense of the camaraderie you can expect if you stick with it.

Runner's World polled newbies for their most pressing questions and got time-tested answers from a panel of experts on training, nutrition, injury prevention, and more (see page 76). Whether you're a curious new runner or an advice-giving old-timer, you'll learn from this conversation between a beginner and runners who really know their stuff.



"I'm not a runner yet, but people (including you) seem to love it so much that I'm thinking of becoming one. What's so great about running, anyway?"

• Actually, you already *are* a runner, if you think about it. You probably ran around on the playground as a kid. Humans are built to do it. In fact, our bodies (with their long legs and lack of fur) make us better suited for running than most animals. The sport doesn't require a lot of pricey equipment to get into, and it beats other activities when it comes to fending off weight gain and disease. Besides, it's fun! We promise.



RUNNING: It's Good for You!

→ Since 1991, the US National Runners' and Walkers' Study, at Lawrence Berkeley National Laboratory in California, has followed more than 154 000 runners and walkers. It found that as little as five to 12 kilometres of running per week reduces risk of stroke, heart disease, diabetes, and high cholesterol. As a general rule, the more you run, the more your risk goes down. The study also found that running...

BURNS MORE KILOJOULES THAN WALKING Even at a brisk walking pace (about a 10-minute kilometre) you have to go 50 per cent further and take twice as long to burn the same number of kilojoules as you would running a 7.5-minute kilometre (that is, about 250).

PROMOTES JOINT AND BONE HEALTH Contrary to popular belief, running may actually prevent osteoarthritis and joint replacements, with the body responding to the impact of our footfalls by thickening cartilage and building bone mineral density. Those who averaged more than 2 kilometres per day of running were at 18 per cent less risk of osteoarthritis and 35 per cent less risk of hip replacements than non-runners.

FIGHTS ALZHEIMER'S Those who ran 25 kilometres per week had a 40 per cent lower risk of Alzheimer's disease mortality than non-runners.

LOWERS CANCER RISK Runners showed a 76 per cent lower kidney cancer risk and 40 per cent lower brain cancer risk than non-runners.

BOOSTS SURVIVAL RATES Breast-cancer survivors who averaged more than 3.6 kilometres of running per day had a 95 per cent lower risk of dying of breast cancer over a nine-year period than those who didn't exercise much. Walkers did not decrease their risk.

“Okay, I want to start. What do I need?”

- First, get good shoes. Go to a running shop and ask a salesperson to put you on a treadmill, watch you run, and recommend a pair that suits you. Shop at the end of the day, when your feet have swollen about as much as they ever will, to ensure that you get the right size. And resist the temptation to go online to find a discounted pair – shoes can break down sitting in the box.

READY, SET... WAIT!

YOU MAY NEED TO TAKE SOME PRELIMINARY STEPS IF...

YOU'RE VERY OVERWEIGHT

- Consider losing a little, via diet and walking, and check with your doctor before you start to run. Each step you take running presses three times your body weight down on your joints (twice what walking delivers), leaving heavier runners more vulnerable

to injury. One study found novice runners with a body-mass-index (BMI) of 30-plus were 17 per cent more likely to get injured than leaner newbies. Don't want to wait? Ease in very slowly, introducing small stints (15 to 30 seconds at a time) of running to your walk.

YOU'RE INACTIVE

- Spend three to four weeks doing some kind of aerobic exercise three times a week and working up to where you can walk briskly for 30 continuous minutes.

YOU'RE A CYCLIST OR A SWIMMER

- Studies show swimmers and

cyclists are more likely to get injured as beginners than those who play sports that load force onto joints (like tennis, volleyball, or hiking). Spend a few weeks pre-conditioning with walking and form drills (see examples at runnersworld.co.za/formdrills).

HERE'S THE PLAN

This training programme from Coach Ewen North of Revolution Running will help you work up to running a 5-K in nine weeks.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Jog 1 min, walk 3 min x 20 min	Rest	Jog 1 min, walk 3 min x 20 min	Rest	Rest	Jog 1 min, walk 3 min x 20 min	Cross-train 30 min
2	Jog 1 min, walk 2 min x 21 min	Rest	Jog 1 min, walk 2 min x 21 min	Rest	Rest	Jog 1 min, walk 2 min x 24 min	Cross-train 30 min
3	Jog 90 sec, walk 2 min x 21 min	Rest	Jog 90 sec, walk 2 min x 21 min	Rest	Rest	Jog 90 sec, walk 2 min x 25 to 30 min	Cross-train 35 min
4	Jog 90 sec, walk 1 min x 20 to 25 min	Rest	Jog 90 sec, walk 1 min x 20 to 25 min	Rest	Rest	Jog 90 sec, walk 1 min x 25 to 30 min	Cross-train 40 min
5	Jog 2 min, walk 1 min x 20 min	Rest	Jog 2 min, walk 1 min x 25 min	Rest	Rest	Jog 2 min, walk 1 min x 30 min	Cross-train 40 min
6	Jog 3 min, walk 1 min x 25 min	Rest	Jog 3 min, walk 1 min x 25 min	Rest	Rest	Jog 3 min, walk 1 min x 30 min	Cross-train 45 min
7	Jog 3 min, walk 45 secs x 30 min	Rest	Jog 3 min, walk 45 secs x 30 min	Optional: cross-train 30 min	Rest	Jog 3 min, walk 45 secs x 35 min	Cross-train 45 min
8	Jog 4 min, walk 30 secs x 30 min	Rest	Jog 4 min, walk 30 secs x 30 min	Optional: cross-train 30 min	Rest	Jog 4 min, walk 30 secs x 35 min	Cross-train 45 min
9	Jog 5 min, walk 30 secs x 30 min	Rest	Jog 5 min, walk 30 secs x 30 min	Rest	Rest	Run 5-K	Celebrate victory!

“I got new shoes and I'm ready to run! What now?”

- Start! Slowly. Begin by alternating between running and walking. It keeps your muscles from fatiguing too fast and delivers less impact on your joints and tendons, while still giving you the heart-health benefits of a longer workout. Plus, those walk breaks give you something to look forward to. In the beginning, go by time instead of kilometres to make tracking easier. Gradually decrease your walk breaks and increase your sustained running time. In nine weeks you should be able to run a 5-K without walking. (See *'Here's the Plan'*, on the left.)

“Ouch. Is running supposed to hurt this much?”

• A little muscle soreness is normal, and often it won't even kick in for a day or two after you run. But if you have pain that sticks around for more than 48 hours or restricts your movement, that's a red flag. Take some time off and consider seeing a doctor. It might also mean you need to re-evaluate your routine. New runners tend to get hurt when they ramp up their mileage too quickly, or run too fast or too often.



“My skin is getting rubbed raw!”

• We runners call that ‘chafing’, and it's the worst. Put a little petroleum jelly (or an anti-chafe balm, like Body Glide) on sensitive areas before you run. If you've lost weight and have extra skin causing chafing, invest ▶



Eat Like a Runner

EXERCISE PHYSIOLOGIST DR KRISTA AUSTIN, OF PERFORMANCE AND NUTRITION COACHING, OFFERS FUELLING TIPS FOR NEWBIES.

DON'T CARBO-LOAD Even if you're running a 5-K the next day, you have plenty of glycogen (the sugar that fuels exercise) stored in your muscles to take you that distance. Instead, eat a healthy balance of around 45 per cent carbohydrates, 35 per cent lean protein, and 20 per cent healthy fats every day.

PILE ON THE IRON Iron helps the body utilise fat as a fuel source, and builds haemoglobin in red blood cells. Meanwhile, the more the body becomes inflamed with training, the less iron it absorbs. As a result, roughly half of runners are iron-deficient. To get enough, shoot for 170 grams of lean red meat three times per week or load up on chicken, fish, and spinach. Vegetarians should consider taking a supplement.

DON'T SKIMP ON D If you're not getting vitamin D, or making enough in response to sun exposure – and as many as three-quarters of runners aren't – you'll be more vulnerable to stress fractures and illness. Fatty fish, beef, liver, egg yolks, and fortified milk are good sources. Or have your doc test your D levels and recommend a supplement if needed.

▶ in compression garments – shorts, pants, sleeves – to keep everything in place. Oh, and whatever you do, don't wear cotton, which traps moisture and worsens chafing. Look for shorts, shirts, and socks made of technical fabrics that will wick sweat away from your skin, keeping it dry.

“Now that I'm burning all these extra kilojoules, I can eat more, right?”

• Sorry, but not if you're interested in losing weight. Remember: running burns about 250 to 260 kilojoules per kilometre – a bit more or less depending on your weight, your speed, and how efficient you are at burning fuel. If you're running just a few kilometres, that's not a lot of extra kilojoules. (One chocolate chip cookie has 1 840kJ!) Overdo it on sports drinks, nutrition bars, and carb-loaded snacks, as some new runners do, and you may actually gain weight. It's best to stick with about the same quantity of kilojoules you ate before (assuming it was a healthy amount) and focus on improving the quality. That means ditching empty-kilojoule snacks and processed foods and taking in lean protein (like salmon and chicken) for muscle building and repair, good fats (like nuts and avocados) to keep ▶

CHOW DOWN (NOT TOO MUCH!)

→ This formula helps you get a rough idea of how many kilojoules you burn in a day.

1

Multiply your weight in kilograms by 92 (if you're a woman) or by 101 (if you're a man) to calculate your resting metabolic rate (that is, the number of kilojoules your body burns simply by keeping itself alive).

2

Multiply this number by 1.3 to determine the total number of kilojoules you burn through standard everyday activities.

3

Multiply the number of kilometres you run by 260, and add this to the result from step 2 to get your total daily kilojoule burn.

► you satiated, and minimally refined carbs (like whole-grain pasta and quinoa) for energy.

"All this running means I'm going to lose weight, right?"

• Maybe, but only if you are also careful to eat a healthy diet. Very overweight runners may drop weight quickly in the beginning, when their higher body mass and lower fuel-efficiency makes them burn more kilojoules per

kilometre, but once they slim down, their weight tends to plateau. The real beauty of running is its ability to keep your appetite in check and boost your kilojoule burn for hours post-run, which makes it a great way to keep weight off once you've lost it.

"Should I eat before I run?"

• You don't have to eat specifically to run a few kays, but you don't want to start on empty, either. You should take in some kilojoules during the three-hour window before you

head out (this could be your usual breakfast, or mid-afternoon healthy snack). If you often find yourself racing for a toilet halfway through your workout, try skipping fibre-rich foods like oats, apples, or whole-wheat bread pre-run and going with low-fibre foods like white toast or spanspek instead.

"What about eating after a run?"

• Within half an hour of finishing, have your regularly scheduled meal or snack. Include some protein (ideally 20 to 25 grams) to help your muscles recover faster. Try a Greek yoghurt or an apple with some cottage cheese or peanut butter.



FASTER = FITTER

→ Over a six-year period, the US National Runners' and Walkers' Health Study found that runners who started out heavy lost about twice as much weight for the same energy expenditure as walkers. Female runners were also better at fending off age-related weight gain around the gut and hips than female walkers. Another paper comparing what participants ate after 60 minutes on the treadmill found that walkers ate 170 more kilojoules than they had burned, while runners consumed 820 fewer.

"I've started by running on a treadmill. That's no different to road running, right?"

• Not quite. Treadmill running tends to feel harder than running outside, because it takes balance and co-ordination (and some willpower) just to stay on the thing. In reality, it doesn't give you as much of a workout as when you're running on varied terrain with wind pushing on you. Also, because it sets the pace for you, the treadmill isn't very good at teaching you

how to pace yourself. And if you've decided to sign up for a 5-K (do it!), be sure to do some running on the road before the event.

"I don't mind running once I get going, but I have trouble motivating myself to start."

• Lots of runners have that problem before they figure out how to plan their workouts. First, it helps to know what time of day you enjoy running most. (If you're not a morning person, pick a time that feels better.) Then, schedule your runs just like you would a meeting at work or a date with a friend. And try to create a pattern. If you can get yourself in the habit of running at a certain time, eventually the absence of it starts to feel weird.



"Eek, I signed up for a 5-K! Any advice?"

• How exciting! You'll be less nervous if you feel as

THE 'MILL MISLEADS

→ In one study, 21 participants were asked to run on a track for three minutes at a set pace, then to run on a treadmill for three minutes, adjusting the speed to what they thought was the same pace they'd run on the track. On average, the runners ran 32 per cent slower on the treadmill.

prepared as possible, so lay out your gear – shoes, outfit, race number, and so on – the night before. On race morning, eat a low-fibre 850- to 1250-kilojoule breakfast, steering clear of too much slow-digesting fat or protein. Give yourself time to park and get to the start area at least an hour before go time. (There may be lines for the porta-loo, and you will want to use one. Trust me.) Start closer to the back of the pack – going out too fast isn't fun. Enjoy it. There's nothing quite like your first race. Let us tell you about ours. It was a chilly July morning...

OUR EXPERT PANEL

Rik Akey, running coach.

Dr Krista Austin, exercise physiologist and nutrition coach.

Michael Chin, podiatrist and medical director of the Running Institute, Chicago, US.

Ewen North, coach and director of Revolution Running.

Dr Ryan Rhodes, director of the behavioural medicine lab at the School of Exercise Science of the University of Victoria, Canada.



Become a RUN GEEK

FIVE TIPS TO HELP YOU STICK WITH THE SPORT FOR MONTHS AND YEARS TO COME

- 1 TREAT YOURSELF** Put some money in a jar after each run to go towards a trip (maybe to a race!) or buy a new running outfit once you reach a certain milestone. Research shows that while the distant promise of lost weight and better health may not motivate us to stick with an exercise programme, immediate material rewards do – particularly in the beginning.
- 2 TRACK YOUR RUNS** Keep a journal, or log your activity via a tracking site like strava.com or myfitnesspal.com. People who track what they eat and when they work out tend to eat less and exercise more, research shows.
- 3 DON'T JUST RUN** Schedule a meeting with a friend or co-worker who runs. Listen to a favourite podcast. Use your workout time to sort through a problem you're having in your job or relationship. "Running can be a great time to daydream or come up with solutions," says running coach Rik Akey.
- 4 JOIN A BEGINNERS' GROUP** It helps you realise you aren't alone in this and provides a place to swap advice on newbie challenges. Plus, there's nothing more motivating than knowing someone's waiting for you at the crack of dawn to go for a run.
- 5 GO PUBLIC** Tell the world you're a runner. Set a mileage goal or sign up for a race, and share your plans on social media. Then you'll have a network of people to help keep you accountable. 

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Melrose Arch
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way through:
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> great music
> all the latest trends
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*Magnificent
highs and
indescribably
painful lows,
Mont Blanc has
it all.*

PHOTOGRAPH BY PASCAL TOURNARE © ULTRA-TRAIL DU MONT-BLANC

IN THE WORLD OF ULTRA-DISTANCE TRAIL
RUNNING, **THE ULTRA-TRAIL DU MONT-BLANC**
IS THE HOLY GRAIL: 172KM, 10 500M OF CLIMBING,
AND 46 HOURS TO FINISH. **ALANA DOYLE**
SET OUT TO TEST HER BOUNDARIES...

#UTMB



LOOKING DOWN AT MY WATCH FOR WHAT SEEMED LIKE THE MILLIONTH TIME, MY BLURRY, EXHAUSTED EYES READ 9:45PM. I WAS WELL INTO MY SECOND NIGHT OF RUNNING, AND MY GPS TOLD ME I HAD 40KM LEFT TO GO.

As my headlamp began to dim, I wondered what kind of sadistic race organiser would ensure that the majority of runners are forced to endure two consecutive nights of non-stop running.

But my fuzzy brain fantasised that I would conquer the final three mountain passes in under six hours, and finish some time in the middle of the night. In reality, it would take me until 8.10 the following morning to finally finish the Ultra-Trail du Mont-Blanc, in 38 hours, 10 minutes – all 172km, including 10 500m of climbing.

In stark contrast, the previous evening had been incredible. Not a cloud in the sky, and the full moon – big and bright – lighting up the side of a snow-capped Mont Blanc kept me happy and content as I followed the string of headlamps over the silhouetted mountain passes. My morale was high as it truly hit home that I was finally running among the breathtaking Alpine peaks that straddle France, Italy and Switzerland to form the Mont Blanc Massif.

A two-year dream was coming true!

NON-STOP

Fast forward a day, and the dream is verging on a nightmare – intense, 35-degree heat, and I've been on the move non-stop for 28 hours. I can feel all my systems shutting down. And I can't stand the smell of myself anymore! A strange, sickly-sweet stench has been following me since the morning. At least I'm able to laugh to myself: *Maybe I'm sweating sugar, from all the Coke I've been drinking?!*

But I'm well aware that my body and

organs are taking a brutal beating. And it's not ideal that though I'm struggling to eat, my system is in overdrive. Anything that goes into my gut passes through in a speedy hour, and my tongue is fat with tiny little blisters from all the sugar. Savoury chicken noodle soup is all I can stomach.

Struggling to eat and drink, I'm dangerously close to bonking. I can literally feel my body cannibalising muscle for fuel.

My vision clouds again, and I blink several times: *Come on, Alana, focus! You have to keep your eyes open. See, there are people up ahead, to the side of the trail, ringing a cowbell... you love the sound of that cowbell! Maybe the next aid station is just after this climb...*

The truth is, the sleep demons are prowling: the people are just rocks on the side of the trail, and their cowbells are a herd of cattle just over the ridgeline.

In a desperate effort to stay awake I force myself to think back. To the Zimbabwean man who gave me the hiking poles, just after the halfway mark outside of Courmayeur in Italy. He'd insisted I'd need

It took two years of preparation for these 2 300 participants to start. Only 1 600 finished.

THE RACE

► It takes two years to gain entry to the UTMB; qualifying works on a points system. You must have completed a 100km race before entering.

► The UTMB was first run in 2003. Many now consider it the world's most famous trail race. Encircling Mont Blanc, Europe's highest peak, the race starts and finishes in Chamonix, a town long considered the home of alpinism.

► Runners enter and leave three countries in the course of the race. Starting in Chamonix, France, the route passes through Courmayeur, Italy, then into Champex, Switzerland; then home to Chamonix again.

► 2 300 people entered the main event in 2015. 15% were women. Only 1 600 finished the race.

More info at www.ultra-trailmb.com



them. I'd insisted I would be fine without them, and had been annoyed with myself for giving in and accepting his offer.

As I drag my sorry ass up another narrow, rocky, pitch-black singletrack, I have to admit he was right... they're invaluable.

I pause again on the climb to rebuild morale, but instead, my mind drifts – to wondering if it's possible that



TRAINING FOR UTMB

- ▶ Moderation is key. And knowing that sometimes you can't do everything perfectly is important. Time restraints will always be an issue when training for a 100-miler.
- ▶ Clock quality kays. Have a solid, long-distance base that you have built up for two years. After that, I had 16 weeks of solid training, averaging 100 to 120km a week.
- ▶ Do most of your mileage on the weekend, with back-to-back long runs of 25 to 30km.
- ▶ Strength training is key to avoiding injury! Two sessions a week – they'll benefit you more than just logging kays.
- ▶ Recovery time from a 100-miler is 3 to 6 months.

if I lean forward, not too much but just enough, that maybe I could stand and sleep for a minute... But no. Before I close my eyes to sleepwalk for another few steps, I think to myself: *This is my limit.*

THE SPARK

Everyone wants to conquer some form of proverbial mountain in their lifetime. For some, it may be reaching the finish line on their first parkrun; for others, being promoted at work may tick the box. While for those like me, that mountain is literally a monstrous Alpine peak.

My passion for running up, over and around mountains started a mere three years ago, on a hiking path that made its way up to a popular peak in the Drakensberg, on the Lesotho border.

But if I search a little further back, I see this whole running gig started long before I was born: I remember, as a little girl, paging through old scrapbooks that my mom had lovingly kept since high school, when my parents started dating. Having nurtured their relationship from the tender age of 14, they were the poster kids for high-school sweethearts.

Their relationship was cemented as my mother sat devotedly trackside after school and on weekends, watching my father train and race. With a powerful stride, by the time he matriculated my dad was a formidable athlete, at the top of his game.

After leaving school, a promising athletic career was cruelly cut short, as life presented my dad with two of his own 'mountains' to climb: conscription, and the tragic passing of his own father – his coach, and greatest supporter – in his matric year.

It came as no surprise then that something inside of me sparked when I stumbled for the first time on those photos and newspaper clippings of him in full stride. Although it would take years for that spark to finally ignite, the culmination of my journey would be the sound of 2 300 runners chanting "UTMB! UTMB! UTMB!" on the start-line in Chamonix, France.

HEART OF THE ALPS

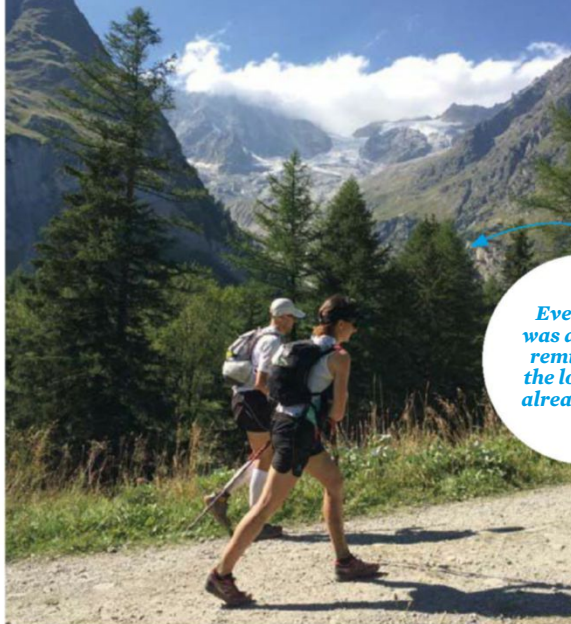
Nestled in the heart of the Alps, and offering some of the world's best terrain for both summer and winter outdoor activities, Chamonix has earned an international reputation as being arguably the premier Alpine village to visit.

From the time I arrived, my fiancé (rightly appointed to be my super-second) was continually amused by me. He'd turn around to find me dead in my tracks on the pavement, mouth gaping in awe, staring up at another peak. I simply couldn't believe they were real – and that I was finally at the foot of them! But over the 172km route, the UTMB also introduces runners to the darker, more aggressive side of the Alps, unceremoniously chewing us up and spitting us out at the finish line.

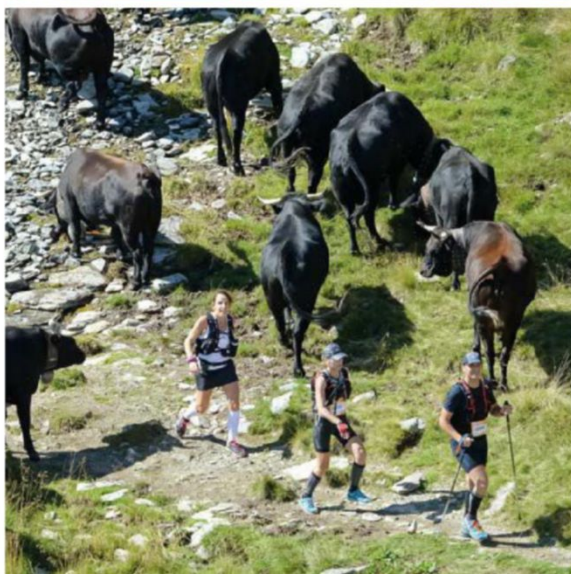
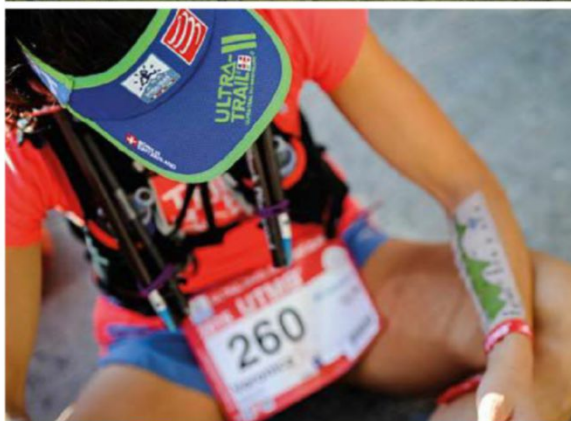
Preparing for and then actually running the UTMB would prove to be the experience of a lifetime. Taking us over wildly high mountain paths, past remote refuges and through spectacular valleys with traditional Alpine villages, this route has it all.

The continuous encouragement along the route was staggering. Countless supporters stood by the roadside, ringing cowbells, playing music, and offering cheers of "Allez, Allez!"

At certain aid stations my super-second was able to help too – not only encouraging me, but more importantly prepping shoes, socks and food bags, and arranging for family and friends to send video clips to cheer me on. (Note: do not attempt a 100-miler without the support of an incredible second. The aid stations are fantastic, but you need someone who



Every step was a painful reminder of the long road already done.



PHOTOGRAPHS BY (TOP TO BOTTOM): OLIVER MUNNIK | PASCAL TOURNARE, MICHEL COTTIN, PASCAL TOURNARE © UTMB®

THE HUMAN SPIRIT

In fact, the most poignant moment of the entire event was a few hours after my finish. While we were supporting the last runners in, there was a shout from the announcer and a roar from the crowd, as a geriatric Gandalf-the-Wizard lookalike hobbled over the line. The crowd was mesmerised as 73-year-old Christoph Geiger finished the full distance, just five minutes before the 46:30 cut-off – the oldest competitor ever to complete the event.

The prize-giving had started minutes before. It was immediately paused, and Geiger was assisted to the stage to stand next to the men's race winner, who had finished more than 28 hours before him. It was a sight to behold. Tears of emotion and admiration streamed down the cheeks of the crowd as they saluted this achievement.



The light at the end of the tunnel: Doyle finished with fellow South African Armand du Plessis.



“BUT, I REALISED, MY DREAM WAS IN REACH: I HAD TO KEEP GOING – ONE SMALL, AGONISING STEP AT A TIME.”

PHOTOGRAPHS BY (CLOCKWISE FROM BOTTOM LEFT): PASCAL TOURNARE © UTMB® X.S | VANESSA SANDES | OLIVER MUNNIK

knows you to keep pushing you to the finish line.)

THE LAST CLIMB

Summitting the last climb in the early hours of Sunday morning, just as the sun was rising, brought the final aid station into view, signalling only 10km to the finish.


I looked down towards Chamonix, and thought to myself: *My legs can't carry me down this pass...I can't do another downhill.* By then, my quads were blown to smithereens; every step was a painful reminder of the long road already done. But, I realised, my dream was in reach: I had to keep going – one small, agonising step at a time.

As I gathered myself for the final descent, Armand du Plessis – fellow South African trail nutcase, and a fan of the 100-

mile pain cave – burst into the aid station, gasping for air. Incredibly, he had been hunting me down for the past three hours.

Seeing the pain written across my face, Armand turned out to be the light at the end of my tunnel. “Come on,” he said. “Let’s finish this thing together!”

All I can remember from that final hour is the last two days. The sound of the supporters applauding, frantically waving their cowbells, was quite literally spine-tingling. We were moments away from conquering the UTMB.

The picture of Armand and me crossing the line, proudly holding the South African flag, reminded me of my dad’s newspaper clippings. After enduring magnificent highs and indescribably painful lows, the flame was still burning brightly. 

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RACING → AHEAD

The best running, multi-sport and adventure races this December • Compiled by Craig Duncan, race editor (rwraceeditor@gmail.com)



ED'S CHOICE

Something to smile about: entry fees won't increase in 2016.



GAUTENG

SUNDAY 17 JANUARY

5 21.1

Dis-Chem Half Marathon & 5km REHIDRAT Dash

Virgin Active, Riley Road, Bedfordview; 21.1km: 6am; 5km Fun Run: 6:30am
Event Enquiries 083 287 6792
www.dischem21.co.za

The 2016 edition of 'Gauteng's Premier Half Marathon' introduces some great new features, in line with the #runclean campaign: virtual medals, litter-free zones, waste-recycling projects and cost maintenance. Entry fees will not increase in 2016. Want to have your race pack and goody bag delivered to your door, and skip the queues at registration? Make use of the courier service offered by Peak Timing. Entries are limited to 6 000.



WEDNESDAY 27 JANUARY

5 15

Arwyp Medical Centre Nite Race

Barnard Stadium, Green Avenue, Kempton Park, East Rand; 15km: 7pm; 5km Fun Run: 7:10pm
Elize van Staden 082 521 4222 / Gail 082 859 0801

SUNDAY 10 JANUARY

15

Varsity Kudus 15km

Library Lawns, East Campus, Wits University, Yale Road, Braamfontein, Johannesburg; 15km: 7am

Grant Hayward 084 443 5010 / Dave Russo 082 494 0367



WEDNESDAY 13 JANUARY

5 15

President Hyper Berg & Dal Nite Race

President Hyper Shopping Centre, corner of Market Street and Pretoria Street (behind the old Bob van Reenen Athletic Stadium), Krugersdorp; 15km: 7pm; 5km Fun Run: 7:10pm
Elsje & Sean 071 187 9978

corner of St Joseph and Hans Coverdale West, Eersterust; 21.1km & 10km: 6am; 5km Fun Run: 6:10am

Roewyn Danster 082 804 2923 / Gesten Rennie 082 467 1588 / Mervin Hattingh 082 887 4987
www.ace-club.org.za

SATURDAY 16 JANUARY

5 10 21.1

Athletics Club Eersterust (ACE) League Race and 10km AGN Championship (previously known as ACE 10/21)
Eersterust Sports Stadium,

SATURDAY 30 JANUARY

5 10 21.1 42.2

Wonderpark Akasia Road Race Wonderpark Shopping Centre, 344 Brits Road (corner of Heinrich Avenue), Akasia, Pretoria; 42.2km: 5:30am; 21.1km: 5:45am; 10km: 6am; 5km Fun Run: 6:10am
Altje Conradie 082 372 7093

DISTANCE ICONS: FIND EVENTS WITH YOUR FAVOURITE DISTANCES QUICKLY, USING THE FOLLOWING KEY: 0-9KM 10-19KM 20-29KM 30+KM

ED'S CHOICE



KWAZULU-NATAL

SUNDAY 10 JANUARY

6 16

The Harcourts Ronnie Davel 16km Run or Walk & 6km Morris/Crane Aid Fun Run/Walk

Laddsworth Primary School, 1 Winstead Road, Hilton, Pietermaritzburg; 16km Run/Walk: 7am; 6km Fun Run/Walk: 7:20am. John Holliday 082 806 6749 / Kathy Boreham 072 374 7281

An undulating and scenic race through Hilton village and the surrounding Mondini Mountain Home Forest Estate. This is the first road-running and walking event that will take place in KZN in 2016, giving participants the opportunity to shake off the holiday kilograms. Indulged a little too much over the festive season? There's a shorter six-kilometre race, and the option to walk. Enter on Saturday 9 January, between 11am and 1pm, or on race day, from 5:30am.



Race away the holiday kilograms to the sound of bagpipes.



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SUNDAY 24 JANUARY

10 21.1

Kearsney Striders Race

Kearsney College, 25 Old Main Road, Bothas Hill; 21.1km & 10km Run & Walk: 6am

Belinda Padbury 082 885 0788

FRIDAY 29 JANUARY

5 10

Durban North & Umhlanga Community Policing Forum Summer Nite Run/Walk

Crusaders Sports Club, 10 Ranleigh Crescent, Durban North; 10km & 5km Fun Run/Walk: 6:30pm

Dave Ward 082 492 1995



SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA: WWW.RUNNERSWORLD.CO.ZA/RACE-CALENDAR

EASTERN CAPE

BORDER

FRIDAY 15 JANUARY

5 10

PWC Old Selbornian

Night Race

Old Selbornian Club, Pearce Street, East London; 10km: 6pm; 5km Fun Run: 6:15pm
Sharon Eldridge 083 284 3781

SATURDAY 23 JANUARY

5 10

**East London Eye Hospital
 10km & 5km (previously known as Penny Pinchers
 10km & 5km)**

Beacon Bay Country Club, Beacons Drive, East London; 10km: 6:30am; 5km Fun Run: 6:45am

Graham Reynolds

082 448 0727

EASTERN PROVINCE

SATURDAY 2 JANUARY

6 15

**Woodlands Dairy 15km &
 6km Trail Run Race**

Mentors Country Estate, corner of N2 and St Francis Drive, Jeffreys Bay; 15km: 6:30am; 6km Trail Run: 7am; Under 9 years 600m Mini Moo Dash: 9am

Kobus Joubert 082 490 7218

SATURDAY 16 JANUARY

5 15

**The N2 City Bluewaterbay
 15km Challenge**

The N2 City Shopping Centre, Bluewater Bay, Port Elizabeth; 15km: 6am; 5km Fun Run: 6:30am

Colin Parkins 083 651 3836

FREE STATE

SATURDAY 23 JANUARY

10 21.1 42.2

AEL Mielie Marathon

THS Sports Grounds, Volks Road, Welkom; 42.2km: 5:30am; 21.1km & 10km: 6am

Philip McLaren 082 452 4569 / Louis Massyn 072 241 0505



ED'S CHOICE

*Harmonious Hills:
 Runners enjoy the quiet, leafy suburb of Constantia.*



WESTERN CAPE

SATURDAY 16 JANUARY

15

Brooks Hohenort 15km

Constantia Main Road (close to the False Bay Rugby Club), Constantia, Cape Town; 15km: 6:30am

Jerome Merton 083 280 9798

www.topevents.co.za

Fancy a run through the pictureque neighbourhood of Constantia, with a few challenging hills? Take part in one of the oldest races on the Western Province Athletics calendar, hosted by the Pinelands Athletic Club. The first 2 000 finishers under the cut-off time will receive a pair of quality branded running socks, and a race calendar. Lucky-draw prizes will include Brooks shoes and Totalsports gift cards. Pre-entries are available, but you can also enter on race day, from 5am.



SUNDAY 10 JANUARY

15 30

The Ocean Basket Bay to Bay

Maidens Cove, Victoria Road, Clifton; 30km: 6am; Hout Bay Harbour, Hout Bay; 15km: 7:30am

Top Events 021 511 7130

www.topevents.co.za

SATURDAY 23 JANUARY

10 21.1

**Run Walk for Life Oudtshoorn
 presents Schoemanshoek Race**

Orchard Fine Foods Deli & Market (close to the Cango Ostrich Farm, on the R328), Oudtshoorn; 21.1km & 10km: 6am

Michelle du Preez 071 350 7955

/ Race Organiser 084 370 2018

SATURDAY 23 JANUARY

5 36.2 42.2

RealNet Red Hill Marathon and

Classic 2016 #RunClean

Fish Hoek Athletic Club, Nelson Road, Fish Hoek; 42.2km & 36.2km: 5:30am; 5km Fun Run: 7am

Race Office 021 785 2581 / 082 799 6785

SUNDAY 31 JANUARY

21.1

Kloof Nek Classic 21km

Camps Bay High School, Camps Bay, Cape Town; 21.1km: 6am

Brenda Austin 082 561 774

ED'S CHOICE



TRAIL RUNNING

SATURDAY 9 JANUARY

2 5 15

Sanlam Trail Run

The Old Sawmill Shed,
George; 15km: 7am; 5km:
7:15am; 2km: 9am
Enquiries 083 376 7414

Ease your way back into running, on trails that offer fantastic scenery. The first 100 runners to enter will receive a goody bag, and the first 150 will receive a T-shirt. Energy drinks will be on sale at the finish. Entries, via www.entrytime.com, are limited to 600 for the 15km and 5km, and will close on 4 January. Enter the 2km distance only on race day.



R23 000 in cash prizes, as well as amazing lucky-draw prizes.



FRIDAY 1 JANUARY

5 10

NSRI Beach Run

Diaz Beach, Mossel Bay;
10km & 5km: 11am
Dawie Zwiegelaar 082
419 2747 / 082 990 5954

SATURDAY 2 JANUARY

16 24

Knysna Trail Run

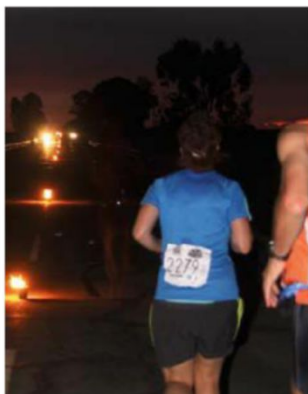
Middel Erf Turnoff,
Harkerville Forest and
Sinclair Reserve, Knysna;
24km & 16km: 7am
Leon Brown 082 422 1033

PHOTOGRAPHS BY GARTH MOODIEN (NSRI BEACH RUN)

Other Provinces

NORTH WEST

CENTRAL NORTH WEST



SATURDAY 30 JANUARY

5 10 21.1 42.2

Ottosdal Nite Draft en Trap

Ottosdal Showgrounds,
Ottosdal; 42.2km: 5:30pm;
21.1km: 6:30pm; 10km: 6:40pm;
5km Fun Run: 4:30pm
Willa Naude 073 526 4536 /
Race Office 018 571 0049
www.ottosdaldraftenrap.co.za

NORTH WEST NORTH

No races scheduled for this
period.

NORTHERN CAPE

GRIQUALAND WEST

FRIDAY 8 JANUARY

5 10

Mari Huyser Biokinetikus
Fun Run

4 River Street (in front of the
gym), Upington; 10km & 5km
Fun Run: 6pm
Carel Burger 082 622 7109

NORTH WEST CAPE

No races scheduled for this
period.

MPUMALANGA

WEDNESDAY 20 JANUARY

4.9 10

Laerskool Klipfontein Glow in the

Dark Race (previously known as
Eskom/Suzuki Nite Race)

Laerskool Klipfontein, Pienaar
Street, Klipfontein, Emalahleni;
10km & 4.9km Fun Run: 7pm
Paul Bester 082 966 7767

LIMPOPO

SATURDAY 23 JANUARY

5 10 21.1

Seeff Properties 3-in-1

Seeff Office, Platinum Park,
Bendor, Polokwane; 21.1km: 7am;
10km & 5km Fun Run: 7:15am
Corrie Calitz 082 464 1963

ADVENTURE RACING
& MULTISPORT

SUNDAY 24 JANUARY

The Standard Bank Ironman
70.3 South Africa

Buffalo City, East London
1.9km swim, 90km cycle, 21.1km
run: 7am
Abigail Preston southafrica@
ironman.com
[www.ironman.com/triathlon/
events/emea/ironman-70.3/
south-africa](http://www.ironman.com/triathlon/events/emea/ironman-70.3/south-africa)

FRIDAY 22 - SUNDAY 24 JANUARY

Fedhealth XTERRA
Buffelspoort

Buffelspoort Dam, Rustenburg



FRIDAY 22 JANUARY

Fedhealth XTERRA Kids

6-8yrs: 50m swim, 1.5km cycle,
500m trail run
9-11yrs: 100m swim, 5km cycle,
2km trail run
12-14yrs: 200m swim, 10km cycle,
3km trail run: from 3pm onwards

SATURDAY 23 JANUARY

Fedhealth XTERRA Full: 1.5km
swim, 26km MTB, 12km trail
run: 8:30am



SUNDAY 24 JANUARY

Fedhealth XTERRA Lite: 400m
swim, 17km MTB, 6km trail run:
9am
Stillwater Sports 086 138 3591
Website: www.stillwatersports.com

FRIDAY 29 - SUNDAY 31 JANUARY

Fedhealth XTERRA PE
Kings Beach, Port Elizabeth

FRIDAY 29 JANUARY

Fedhealth XTERRA Kids

6-8yrs: 50m swim, 1.5km cycle,
500m trail run
9-11yrs: 100m swim, 5km cycle,
2km trail run
12-14yrs: 200m swim, 10km
cycle, 3km trail run: from 3pm
onwards

SATURDAY 30 JANUARY

Fedhealth XTERRA Full: 1.5km
swim, 26km MTB, 12km trail
run: 8:30am

SUNDAY 31 JANUARY

Fedhealth XTERRA Lite: 400m
swim, 17km MTB, 6km trail
run: 9am

Stillwater Sports 086 138 3591
www.stillwatersports.com



SEARCH THE COMPLETE
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PHOTOGRAPH BY VOLUME PHOTOGRAPHY (XTERRA)

Back of the Pack

BY BRUCE PINNOCK

DICK THE DISDAINFUL

Thou shalt not punch above thy pace watch,
lest ye be smote with hellfire and brimstone.



You know that run, when you float gloriously on the open road as each kilometre whooshes by? You don't feel tired, and you barely notice the hills – in fact, you're actually disappointed when it ends, because you've got at least another 10 kays left in the tank. Know that run? No? Me neither.

That's why the ideal running companion is one who suffers with you – preferably, more than you. They pant more heavily than you, make agonised grunting noises earlier than you, and gripe louder than you on the hills. They're the first to plead with the group to slow down. Then they get all huffy: "I don't care if you guys aren't going to walk," they spit, "I'm going to walk – so there!" Which makes everyone else feel so much better.

That's exactly what made our back-of-the-pack gang the ideal running mates. None of that namby-pamby, unicorns-and-rainbows codswallop ever dared lighten the doorway of our solemn shuffles. We all suffered together, and griped companionably.

That was until Dick arrived.

In hindsight, Dick should have been strip-searched and forced to pass a lie-detector test before we welcomed him into the group. But he managed to pull the wool over our eyes – because he looked like an innocent (yet deceptive) lamb.

THE MISFIT

When Dick joined our gaggle of grumblers on our next run, it was apparent he wasn't anything like us.

He was a Cheerful Charlie, intent on playing every jolly-jogger card in the pack.

Dick joked about the hills, chuckled aloud at the heat, and was amused by the fact that each kilometre took FOREVER. With a giggle, he dismissed the need to walk. Nothing seemed to faze him – and it set our teeth on edge.

Then came the last straw. He committed the ultimate sin: sympathy.

"Don't feel bad," he said. "We can't all have a good run. It's about talent and constitution; some of us have it, and some of us simply aren't as strong. But don't give up."

"...if there's one thing the God of Running abhors, it's arrogance."

He proceeded to dish out unwanted advice that would apparently 'help' us.

"I will not," said Sue, through gritted teeth, "be held responsible for what happens next, if he tells me one more time to take shorter steps and work my arms on the hills. I know exactly who I want to work my arms on..."

It was a depressing state of affairs.

Late in the course of our usual post-run drinks, Dick finally left – with a parting, "Try to do some more training, and you'll enjoy your next

run more." With him safely out of the way, we discussed what had transpired.

But how do you go about criticising someone for not being a miserable git like the rest of us? The only person who wasn't concerned was Kosie.

"Mark my words, everything will turn out just fine," he said calmly.


"How will it work out?" said Big Mac, with asperity. "We're stuck with this Pollyanna, unless someone's prepared to be rude and nasty."

"Trust in the God of Running," said Kosie mysteriously. "He will intervene."

Of course, he was right – because if there's one thing the God of Running abhors, it's arrogance.

On our next run, Dick was silent. Instead of chirping away like a Disney bluebird, he was gritting his teeth, desperately hanging on. And then – joy of joys – then came the agonised grunting noise. Sue, who could barely contain herself, managed to hold back until his (by then, inevitable) gripe on the hill.

"Dick. What you need to do is stay positive, just like us," she admonished, barely concealing a smirk. "Work those arms, and take shorter steps."

Yes, even the most upbeat of overachievers can have an off-day. Over the din of Dick's (unprintable) response, we could almost hear the Running God having a good laugh. 

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first of
many

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thank you running

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